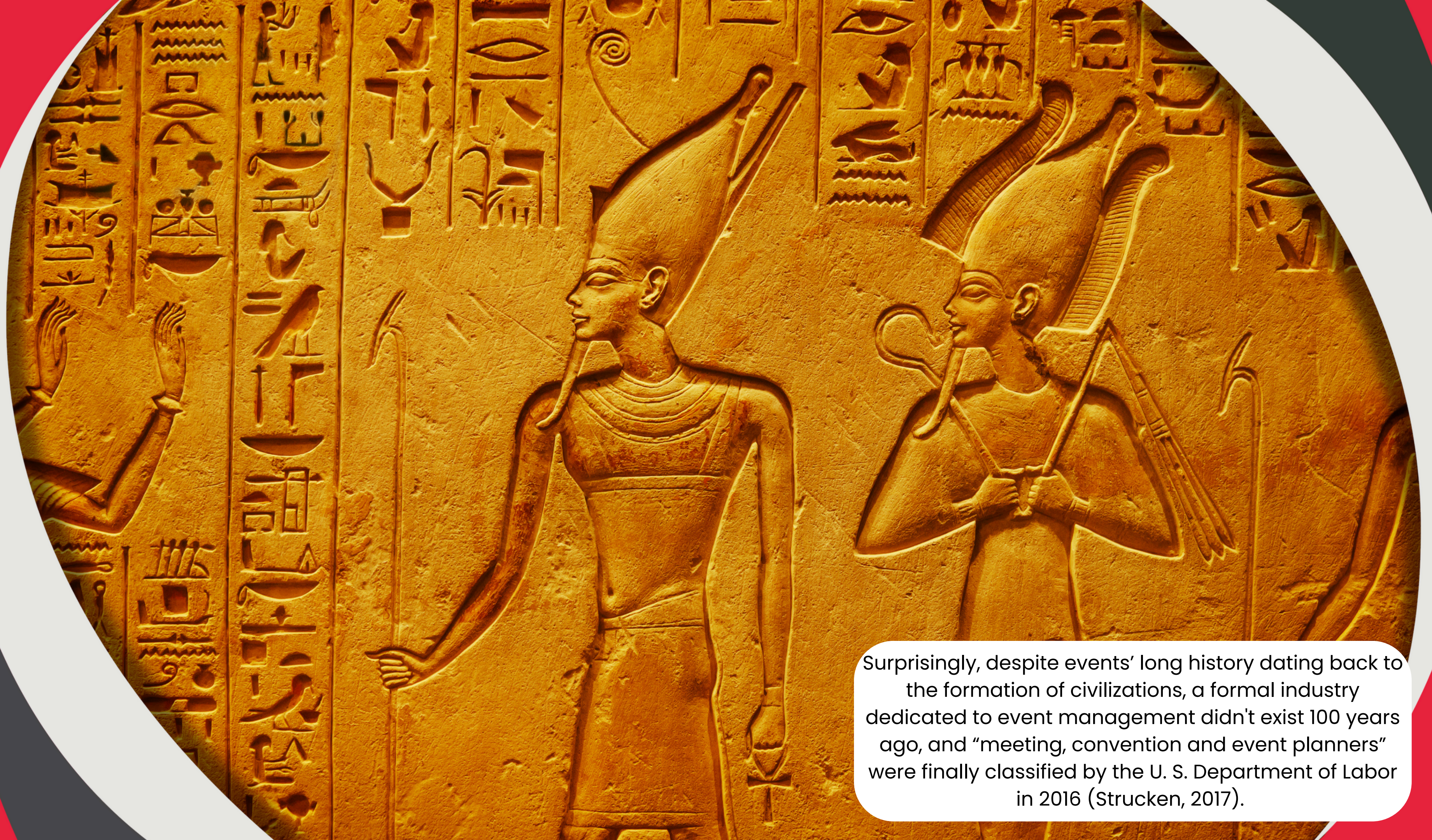


The background of the slide features a large, stylized 'UNLV' logo in red and white, partially obscured by a large white circle. To the right, a photograph shows a brick building with a large 'UNLV' sign on its facade.

THE STRESSFUL NATURE OF EVENT MANAGEMENT: A Scoping Review to Uncover Underlying Causes, Impacts & Mitigation Strategies

Angelika Bazarnik, M.S.



Surprisingly, despite events' long history dating back to the formation of civilizations, a formal industry dedicated to event management didn't exist 100 years ago, and "meeting, convention and event planners" were finally classified by the U. S. Department of Labor in 2016 (Strucken, 2017).

Economic Impact



THE EVENT INDUSTRY IS PROJECTED TO REACH
2.1 TRILLION GLOBALLY BY 2032

www.alliedmarketresearch.com/press-release/events-industry-market.html

17.8%  employment

22.900 new jobs
by 2031

(Castro, 2012.)



BUREAU OF LABOR STATISTICS



Sands Expo 1.2 mln
1993

MGM Grand 0.5 mln
1993

Bellagio 200k
1998 & 2002

Mandalay Bay 1.7 mln
1999 & 2015

Wynn & Encore 560k
2005, 2008 & 2021



30 Years

+10 mln sf



Caesars Forum 550k
2020

LVCC 1.4 mln
2021

Resorts World 75k
2021

Fontainebleau 500k
2023

MSG Sphere 4 π r 2
2023

WORK

The most stressful job in America pays \$26,802—here are the other 9

Published Thu, Mar 7 2019 10:45 AM EST • Updated Fri, Mar 8 2019 11:38 AM EST

Kerri Anne Renzulli @KERENZULLI

SHARE f X in ✉

6. Event coordinator



Forbes

Event coordinator ranked fifth most stressful job of 2016

A career as an event coordinator is the fifth most stressful of 2016, according to job site CareerCast.



Military personnel, firefighter, pilot and police officer were the only jobs ranked as more stressful



Most Stressful Jobs of 2018

- 1) Enlisted Military Personnel, \$26,054, N/A, 72.47
- 2) Firefighter, \$48,030, 7%, 72.43
- 3) Airline Pilot, \$105,270, 4%, 61.07
- 4) Police Officer, \$61,600, 7%, 51.97
- 5) Event Coordinator, \$47,350, 10%, 51.15
- 6) Reporter, \$37,820, -11%, 49.90
- 7) Broadcaster, \$56,680, -1%, 49.83
- 8) Public Relations Executive, \$107,320, 10%, 49.44
- 9) Senior Corporate Executive, \$181,210, 8%, 48.71
- 10) Taxi Driver, \$24,300, 5%, 48.11

Scorecard

BEST JOBS

U.S. News & World Report RANKINGS

Salary	
Job Market	
Future Growth	7.2
Stress	4.6
Work Life Balance	3.9

2012

STRESSFUL

JOB

The 10 most stressful jobs and their median salaries:

1. Enlisted military personnel of three or four years: \$26,802
2. Firefighter: \$49,080
3. Airline pilot: \$111,930
4. Police officer: \$62,960
5. Broadcaster: \$62,960
6. Event coordinator: \$48,290
7. News Reporter: \$26,270
8. Public relations executive: \$111,280
9. Senior corporate executive: \$104,700
10. Taxi driver: \$24,880



Stressful jobs that pay badly

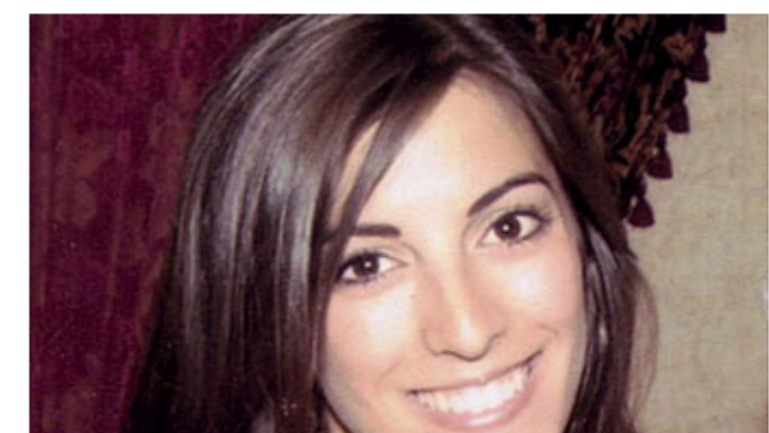
Special events coordinator

2 of 15 Back Next

Median pay: \$35,900
% who say their job is stressful: 75%

Planning a major event or party is a ton of work, and can easily turn into a real circus if you don't hire a pro to pull it all together.

"My colleague was throwing a circus-themed event, and one hour before the event started, Peanut the elephant died



CORPORATE MEETINGS & EVENTS

Event Planning Is One of the Most Stressful Jobs in the World. Let's Change That.



#1

#2

#3

#4

#5

Event professionals are ranked as one of the most stressful jobs (CareerCast, 2019), and most jobs ranked higher pose a risk of injury or death (LinkedIn, 2022)



**More stressful than
brain surgery?**

Once a week
13.1%



Everyday
36%

Few times
a week
44.6%

How often do you feel stressed or frustrated at your job?

Carey, R. (2022, April). Survey: Job Stress Pushing Planners to the breaking point. In MeetingNet. Retrieved from <https://www.meetingsnet.com/meeting-planning-toolbox/survey-job-stress-pushing-planners-breaking-point>



RESEARCH
REVIEWED
RESEARCH

Research on event planning is indeed a growing field, yet it remains somewhat limited in scope, which is why I have decided to conduct an in-depth study...

SCOPING REVIEW



THINKING...



Search Term: ("party host*", or "site coordinator*", or "event* coordinator*", or "event* specialist*", or "event* manager*", or "event* designer*", or "planner", or "event* producer*", or "event* project manager*", or "event operations manager*", or "party planner*", or "event planner*", or "wedding planner*", or "meeting planner*", or "conference planner*", or "convention planner*") and (stress*, or burn* out, or anx*).

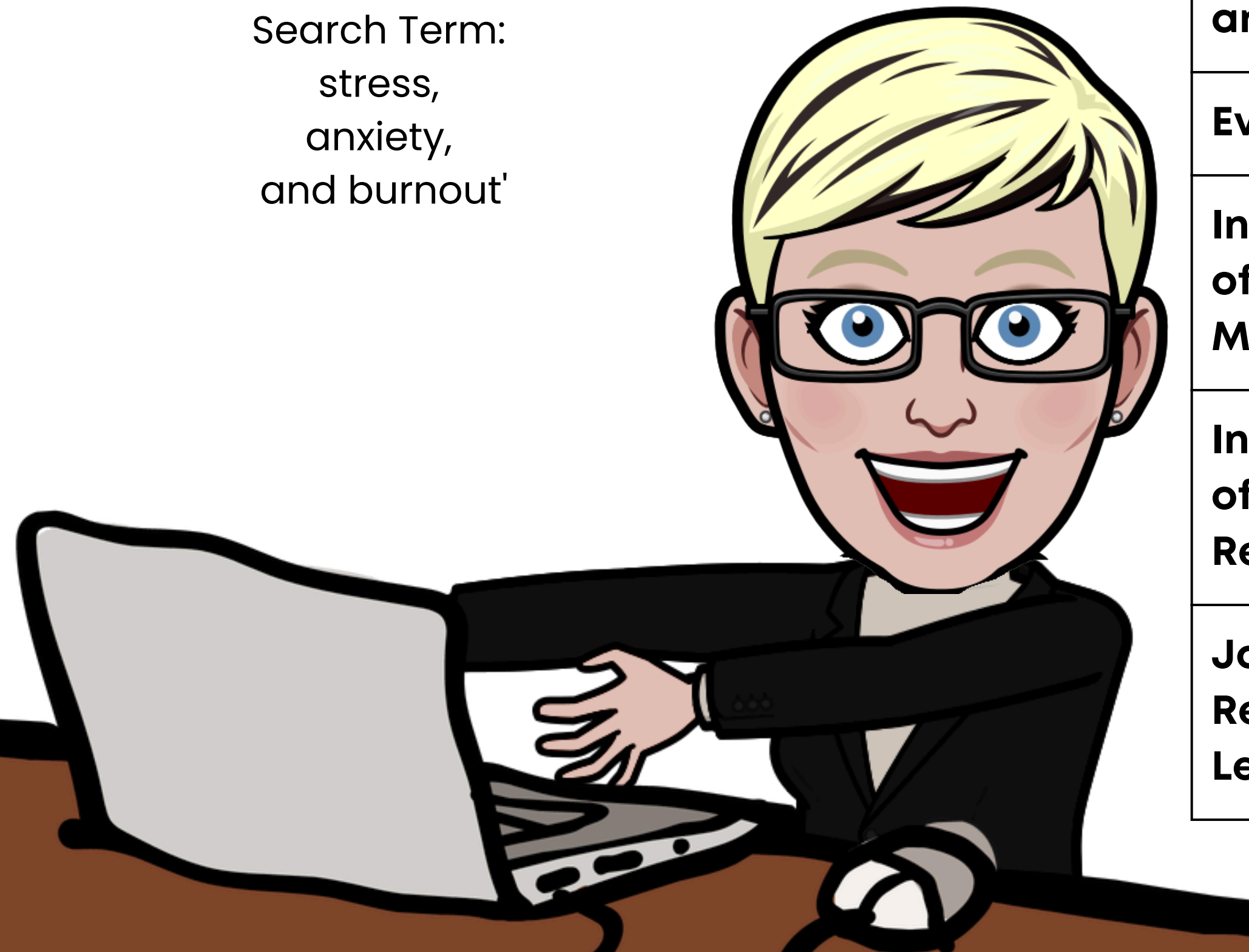


Search Terms

Database	Results
ProQuest ABI/INFORM Collection	157
Emerald Insight	0
EBSCOhost - Hospitality and Tourism Complete	541
ScienceDirect Journals & Books	0
Scopus	1838
Wiley Online Library	0

Search Terms

Search Term:
stress,
anxiety,
and burnout'



Journal	Results		
	Stress	Anxiety	Burnout
Journal of Convention and Event Tourism	0	0	0
Event Management	4	2	2
International Journal of Event and Festival Management	103	33	5
International Journal of Event Management Research	0	0	0
Journal of Policy Research in Tourism Leisure and Events	370	42	0

In literature, the word "event" is commonly used to refer to a wide range of occurrences or incidents that take place within a narrative or storyline.



Strategic planning

Project planning

Urban planning

Financial planning

Career planning:

EVENT

PLANNING

the usage of the word "event" in literature depends heavily on the context in which it is employed

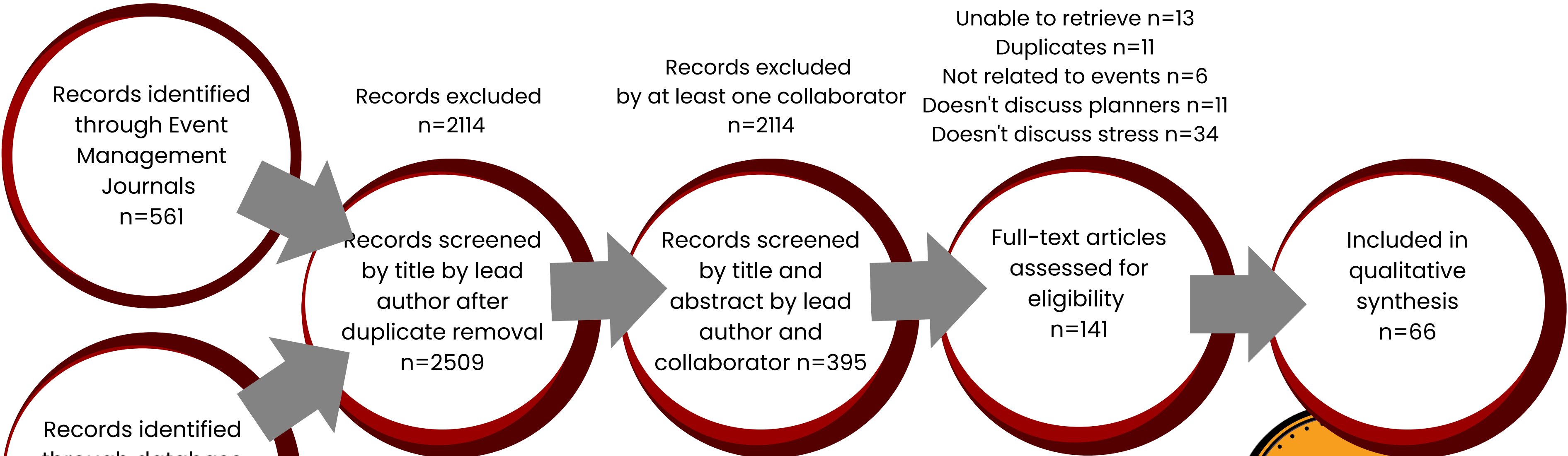
Exclusion



EVERYONE IS
STRESSING
SOMETHING

Exclusion

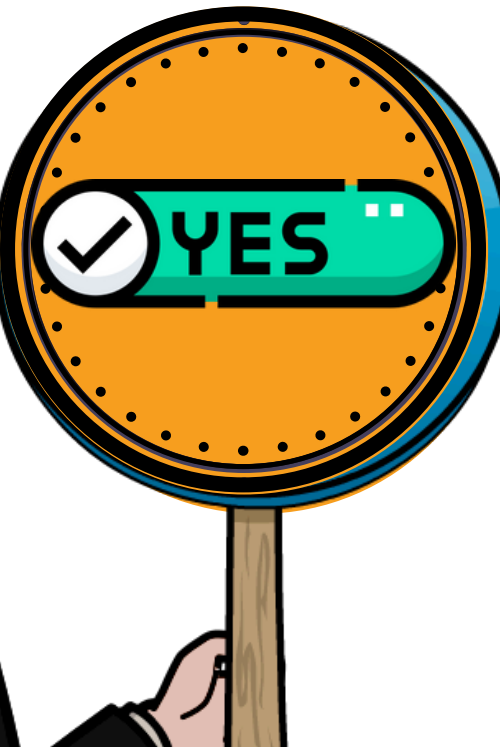
PRISMA Flow chart



Records excluded n=2114

Records excluded by at least one collaborator n=2114

Unable to retrieve n=13
Duplicates n=11
Not related to events n=6
Doesn't discuss planners n=11
Doesn't discuss stress n=34



Coding Process

Unable to retrieve
n=13

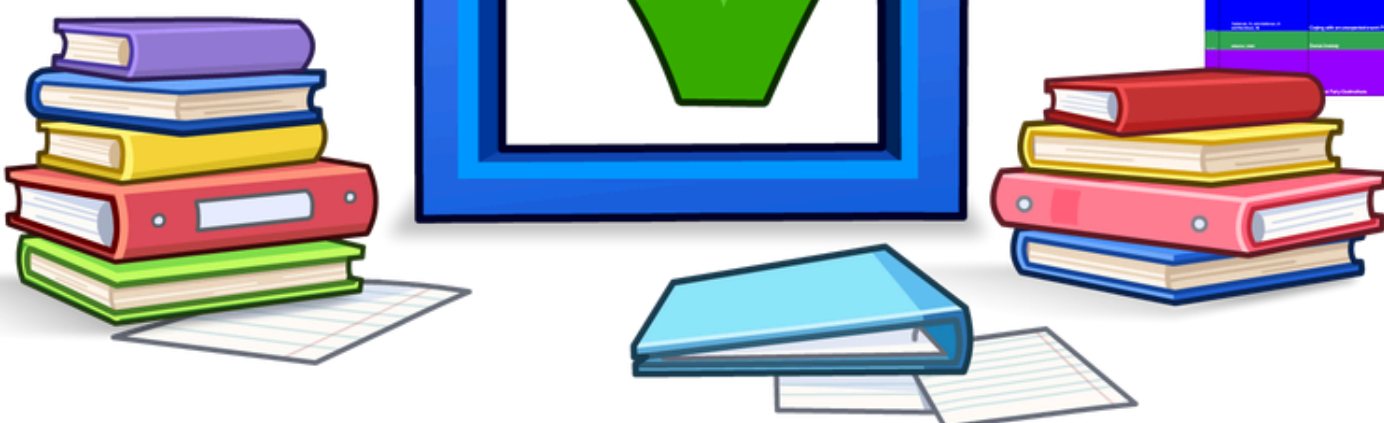
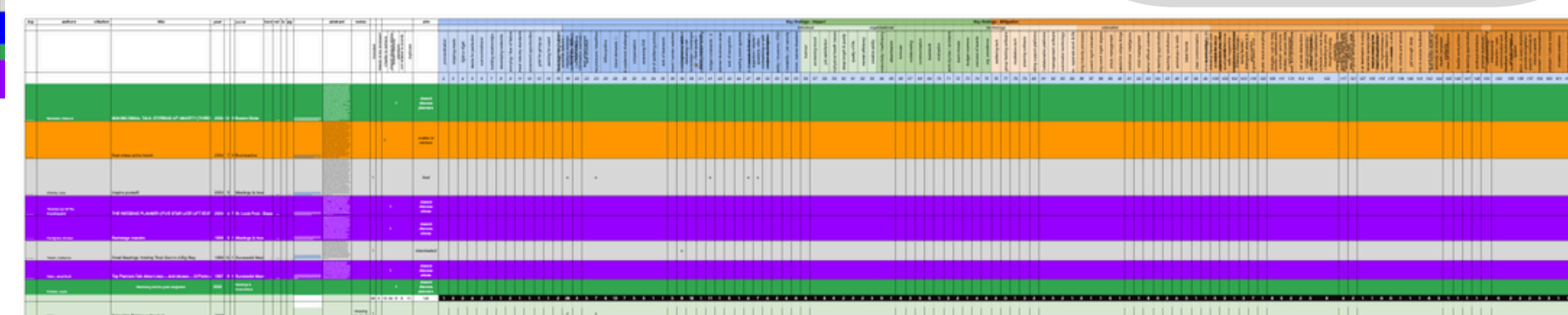
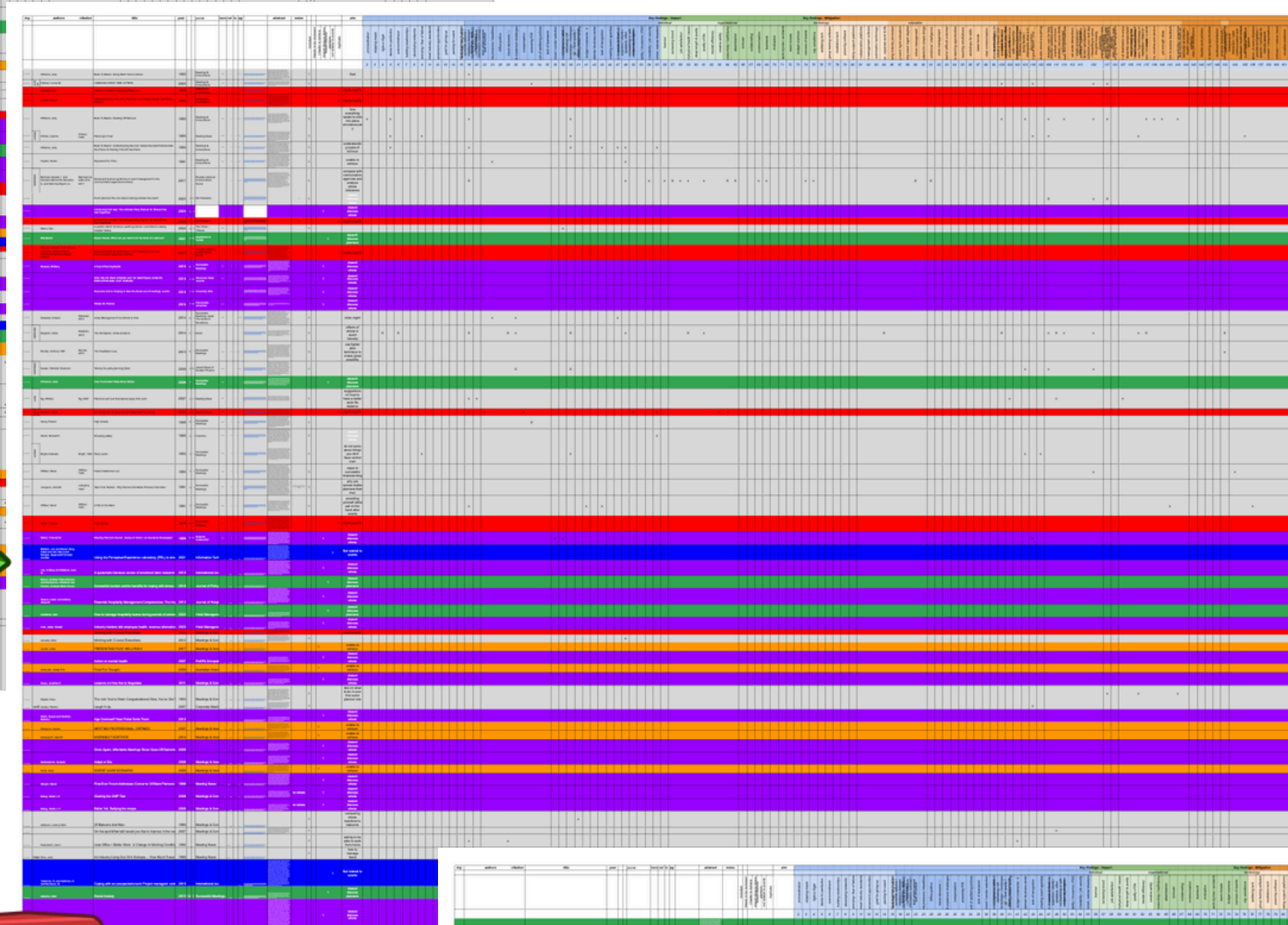
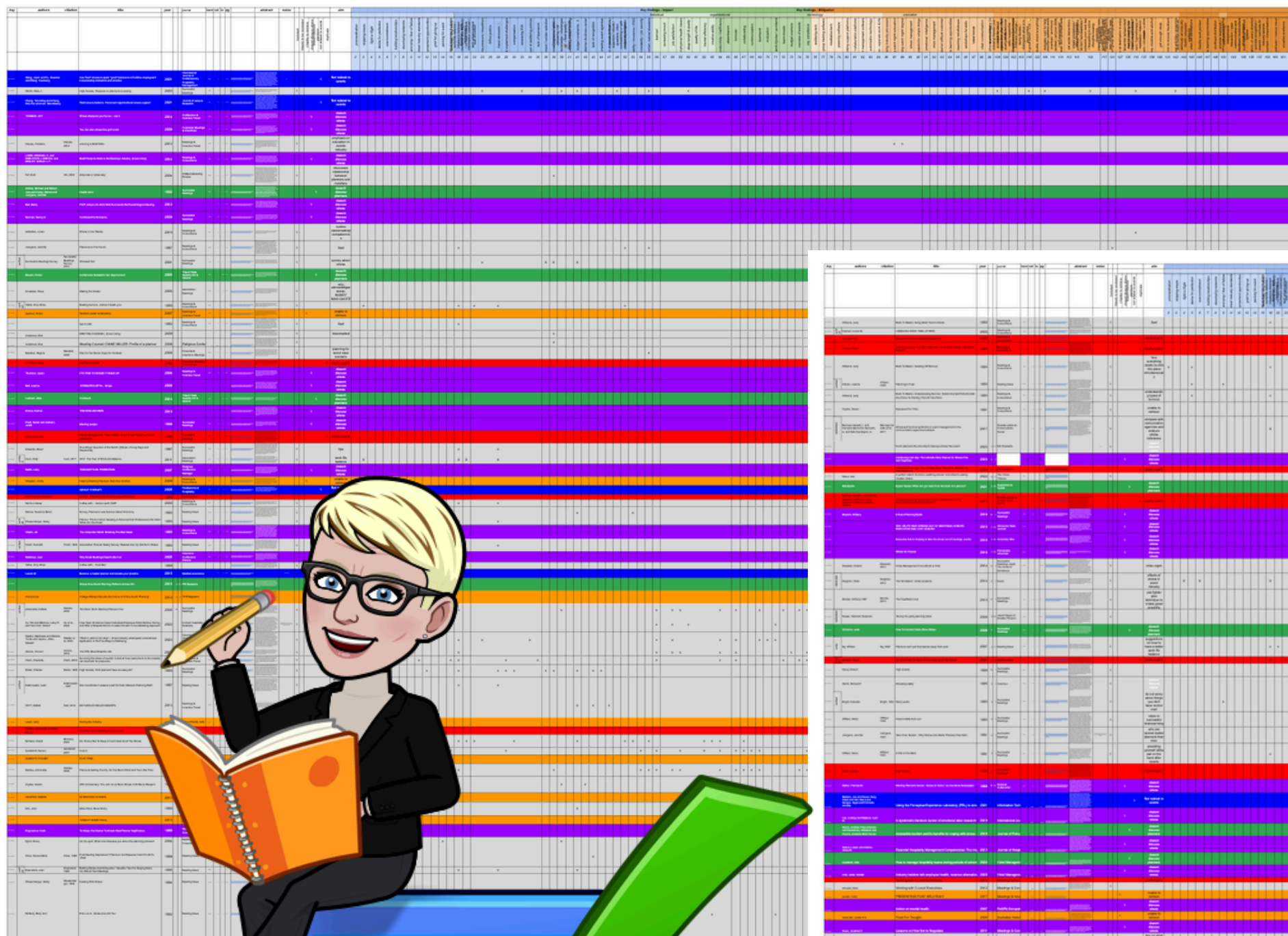
Duplicates
n=11

Not related to events
n=6

Doesn't discuss
planners n=11

Doesn't discuss stress
n=34

INCLUDED
n=66



“Work it, work it non-stop” – Event industry employees’ unconscious application of the *Five Ways to Wellbeing*

Event
employees’
Five Ways to
Wellbeing

41

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Allan Stewart Jepson

Hertfordshire Business School, University of Hertfordshire, Hatfield, UK

Estrés y síndrome de desgaste profesional en la organización de eventos en el sector de las agencias de comunicación

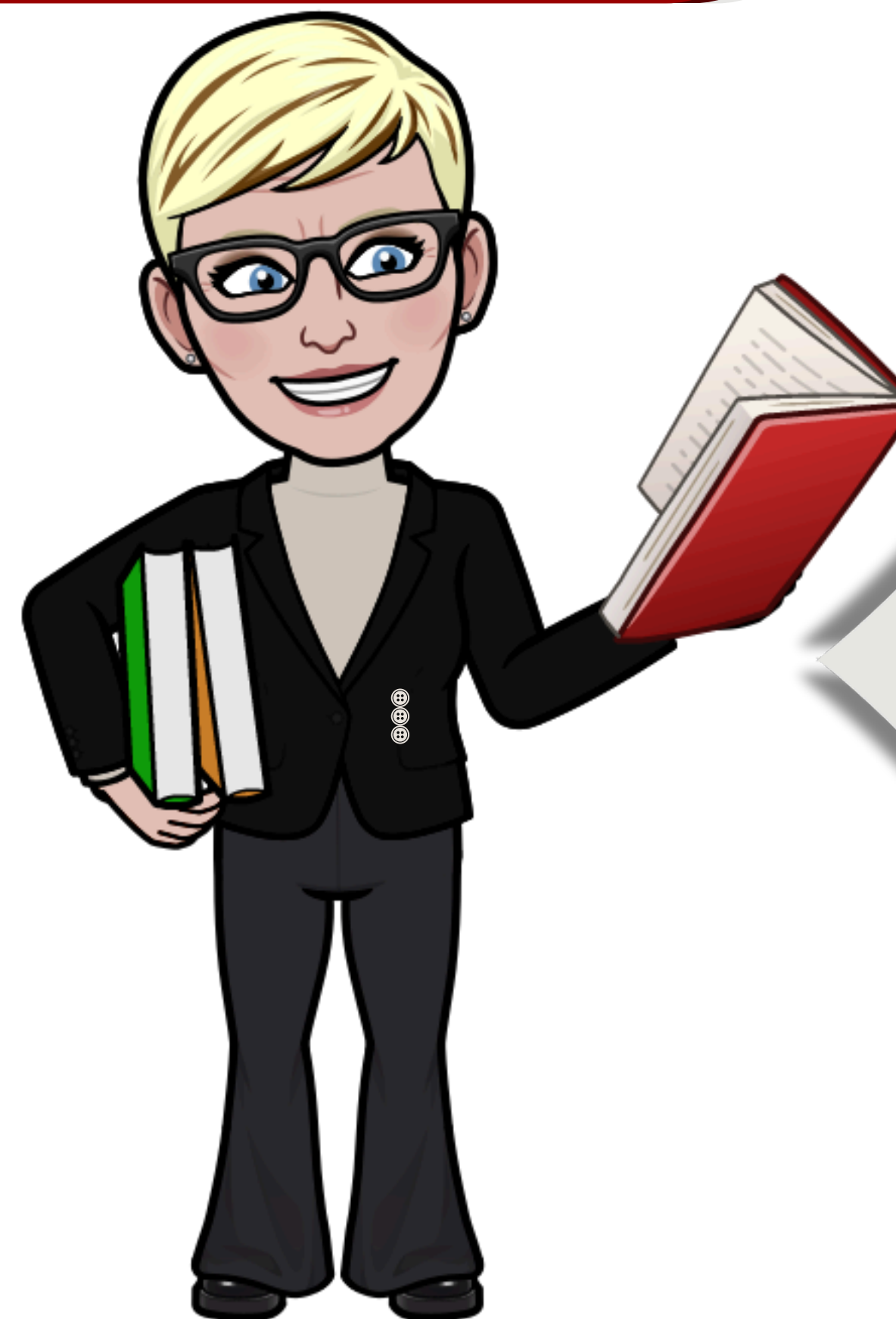
Stress and burnout syndrome in event management
into the communication agencies business

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Bernardo O’Higgins (Chile) – a.sanchez@isemco.com

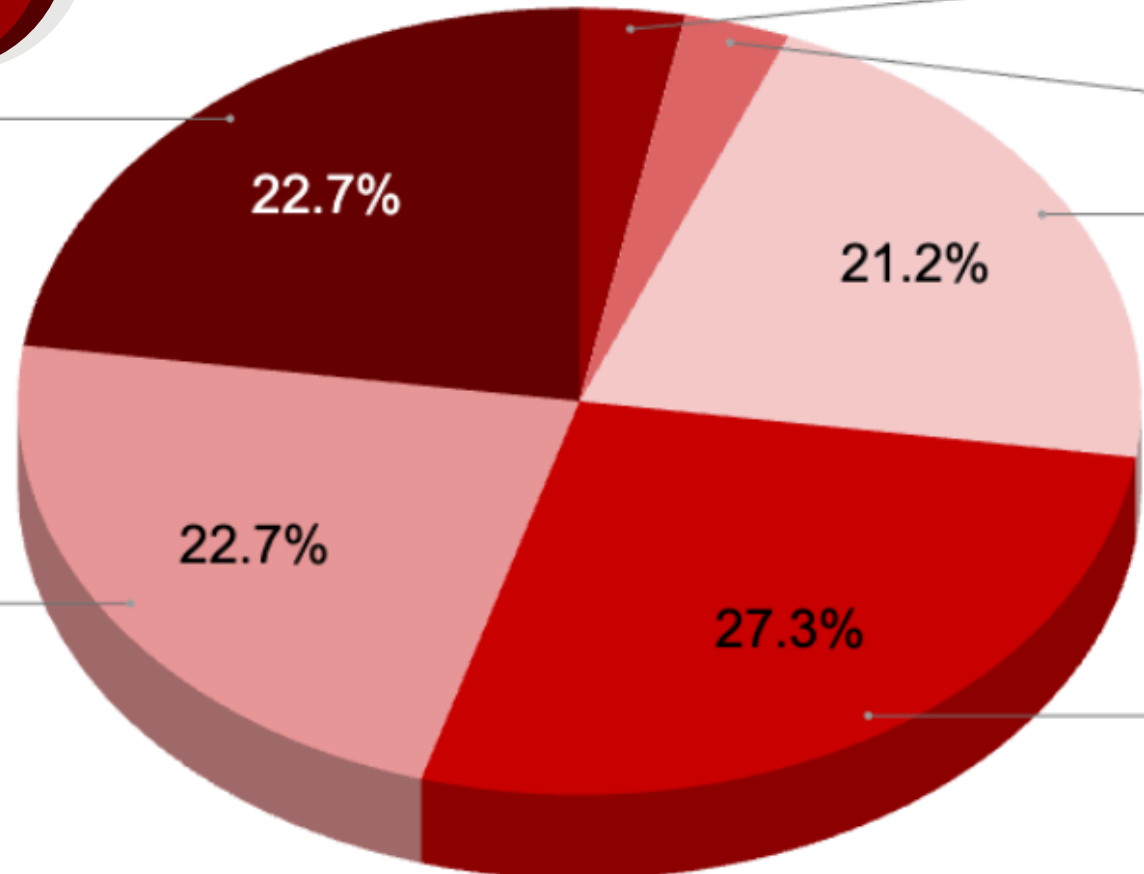
Academic



Trade

OTHER
22.7%

Successful Meetings
22.7%



Association Meetings
3.0%

Corporate meetings & incentives
3.0%

Meeting News
21.2%

Meetings & Conventions
27.3%



CORPORATE MEETINGS & INCENTIVES

KEYNOTES/

ADVICE

5 THINGS TO KNOW ABOUT BEDBUGS

A recent survey conducted by the National Pest Management Association and the University of Kentucky found that 95 percent of U.S. pest-management professionals encountered a bedbug infestation in the past year. Compare that to pre-2000 statistics, when only 25 percent of U.S. survey respondents reported fighting such an infestation.

This bedbug epidemic has created an increased need for education and awareness among travelers, and meeting planners can help their hotel partners by educating attendees about bedbug basics:

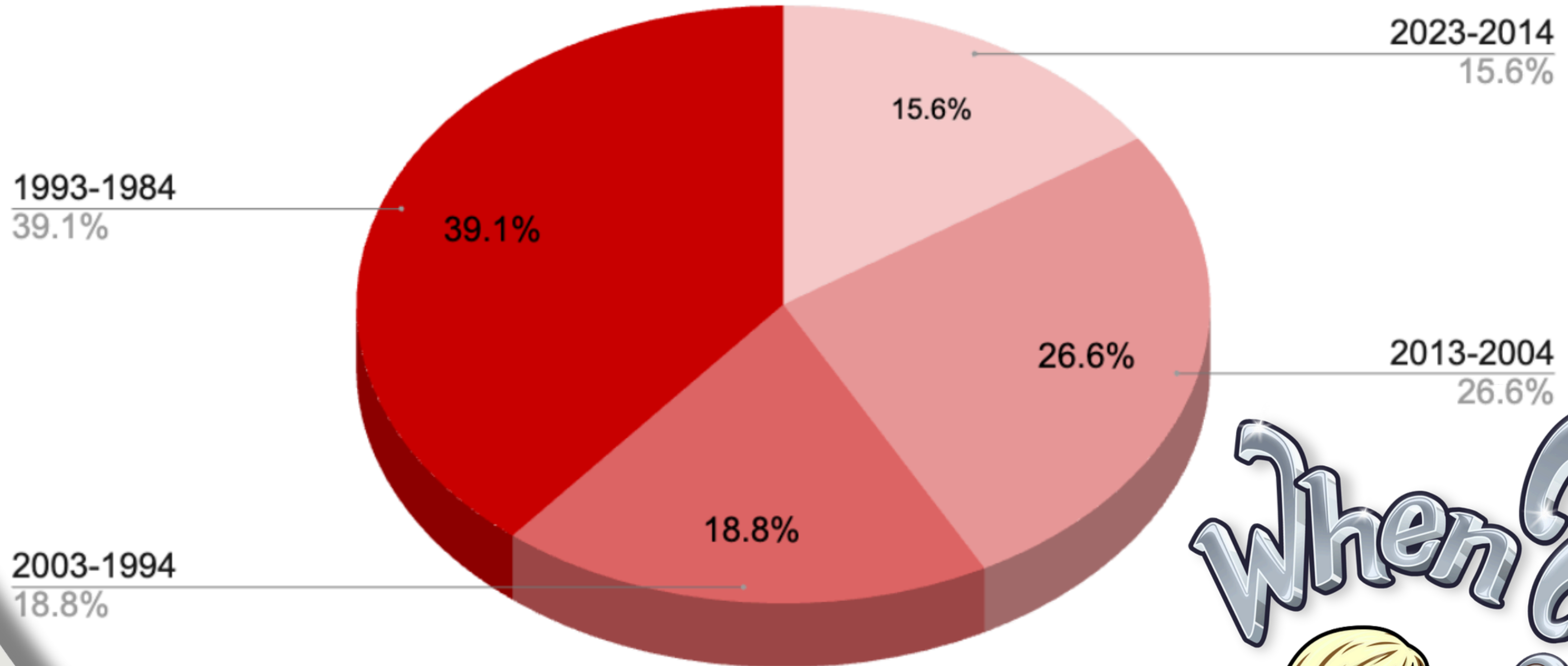
- 1. Bedbugs in hotels tend to be isolated incidents.** Typically, a guest or staffer has brought the pests into a room unknowingly and the infestation is not a hotelwide problem or a sign of unsanitary conditions.
- 2. Be wary of Web sites.** Many Web sites claim to have information about which hotels have bedbugs but the sites don't ever verify whether the postings are true.
- 3. Hotels are proactive.** Most hoteliers have educated their employees about bedbug detection and have worked with pest-management companies to create a control plan. Ask your venue about its plan.
- 4. Know how to check a room.** When attendees arrive in a hotel room, they should put their luggage in the bathroom or on another tiled surface—never on the bed—then thoroughly inspect the room before unpacking. Look behind the headboard, in sofas and chairs, and in the seams of the mattress, box spring, and dust ruffle for bedbug stains, shed skins, and bugs themselves. If guests spot signs of bedbugs, they should be moved to a new room—one that's not adjacent to the room that's believed to be infested.
- 5. Take precautions on returning home.** Bedbugs like to travel and will hide in suitcases, laptop bags, boxes, and shoes to be near a food supply. Advise attendees to inspect suitcases before bringing them into their homes and vacuum them thoroughly before storing away. Wash all clothes from the trip, whether worn or not, in hot water, and dry on a high dryer setting—or take them to the dry cleaner.

—Missy Henriksen

Missy Henriksen is vice president of public affairs for the National Pest Management Association, Fairfax, Va.

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Articles By Years



When?



Internal

Main Stressors



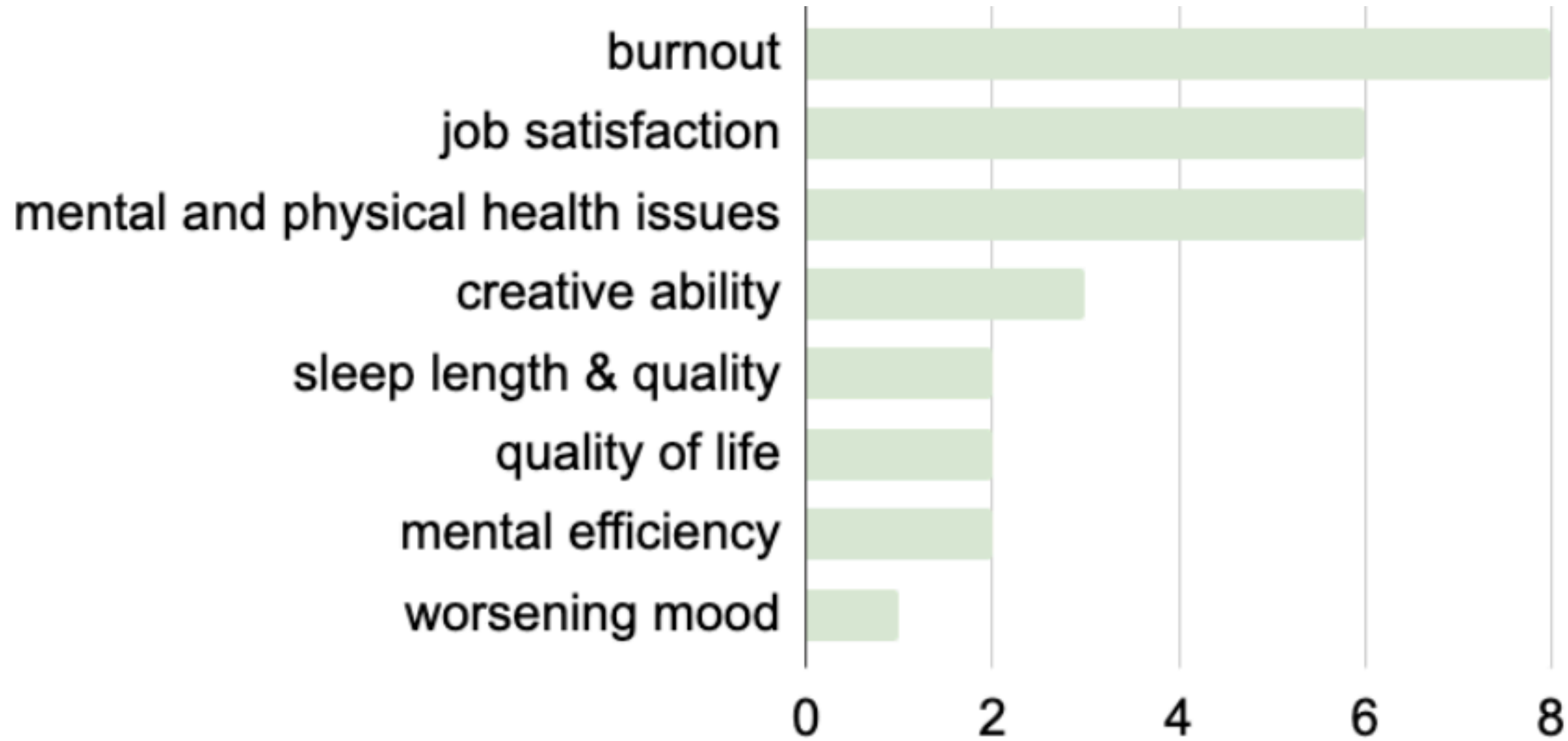
External

Main Stressors



Main Impacts

Individual



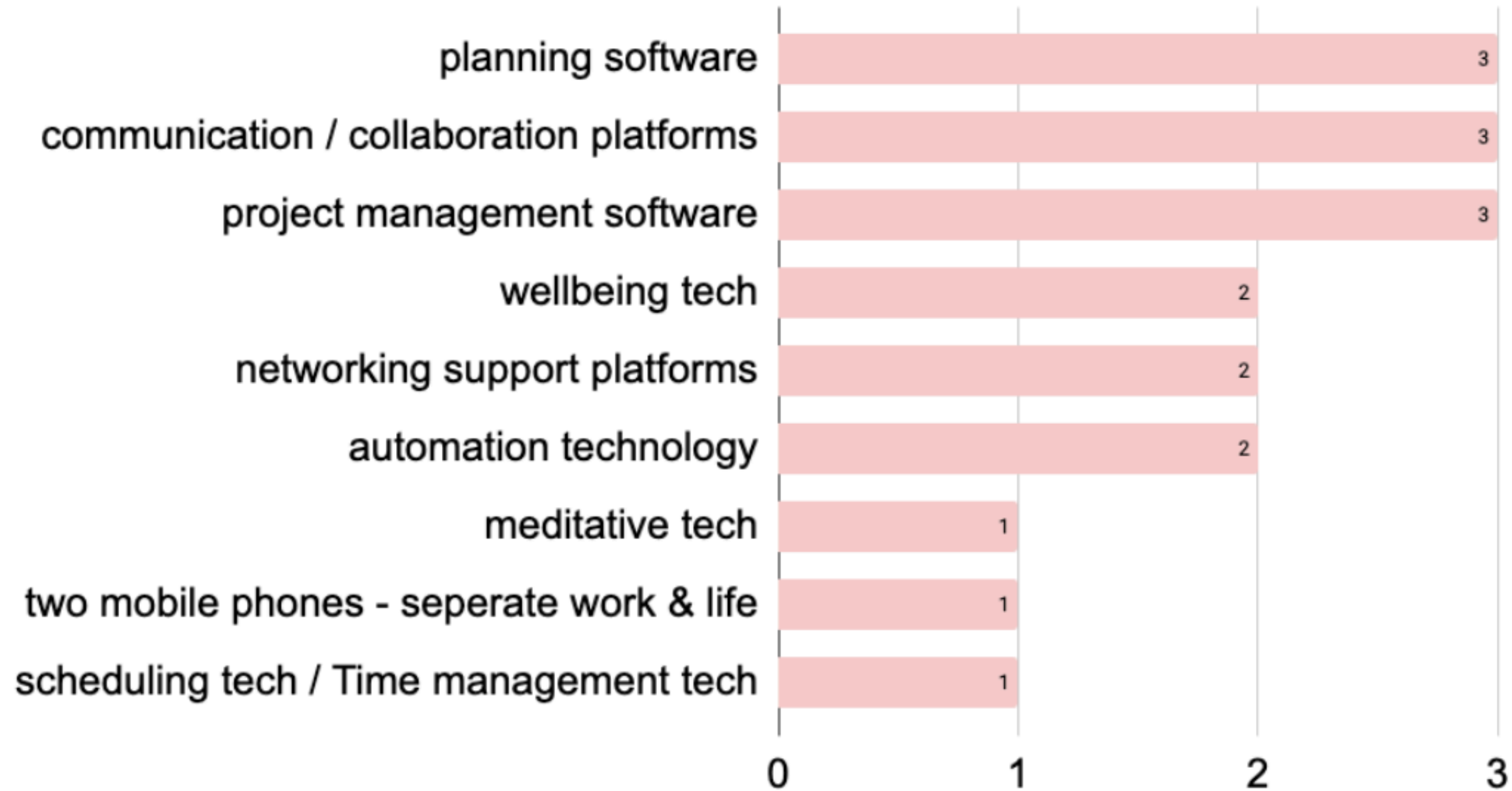
Organizational

Main Impacts



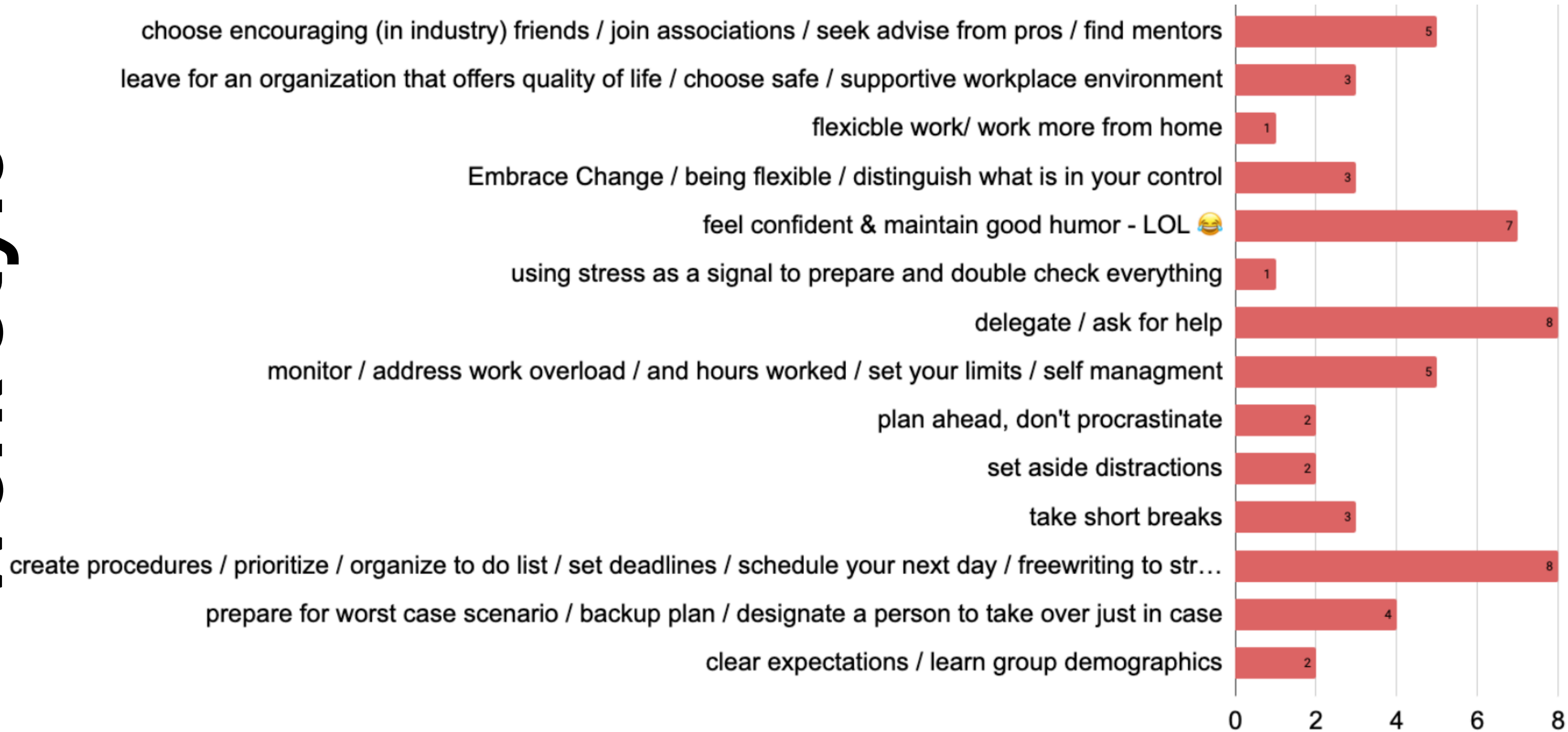
Mitigation Strategies

Technology

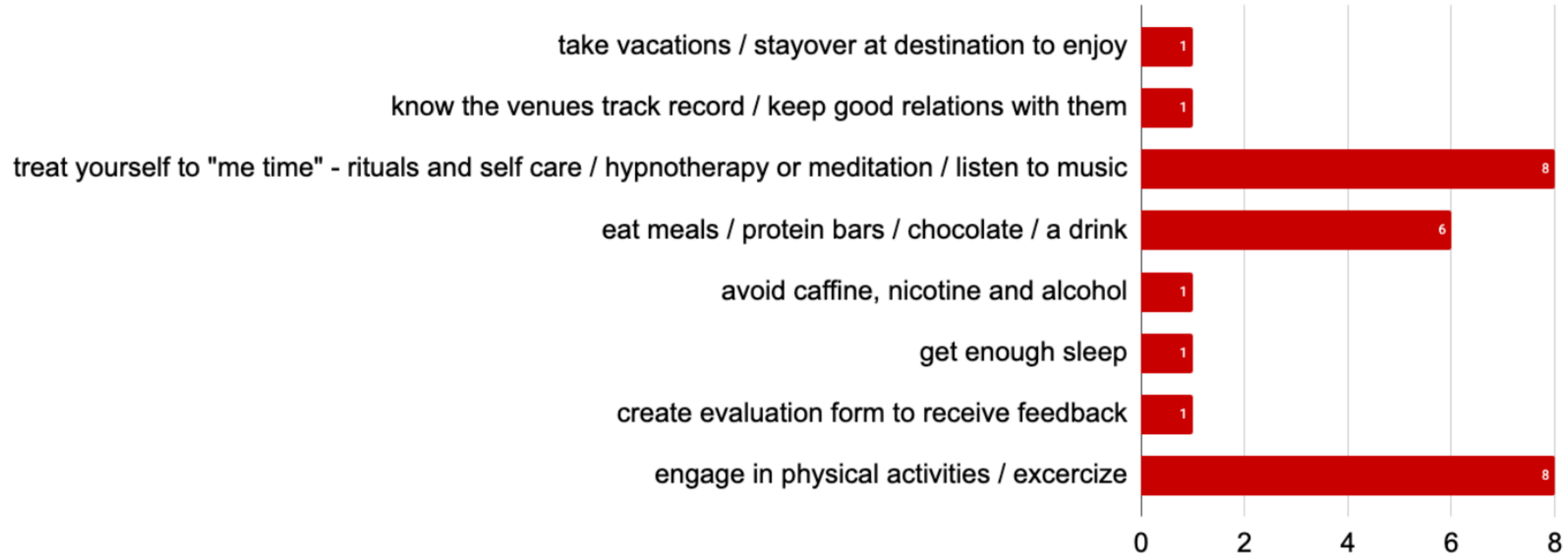


Mitigation Strategies

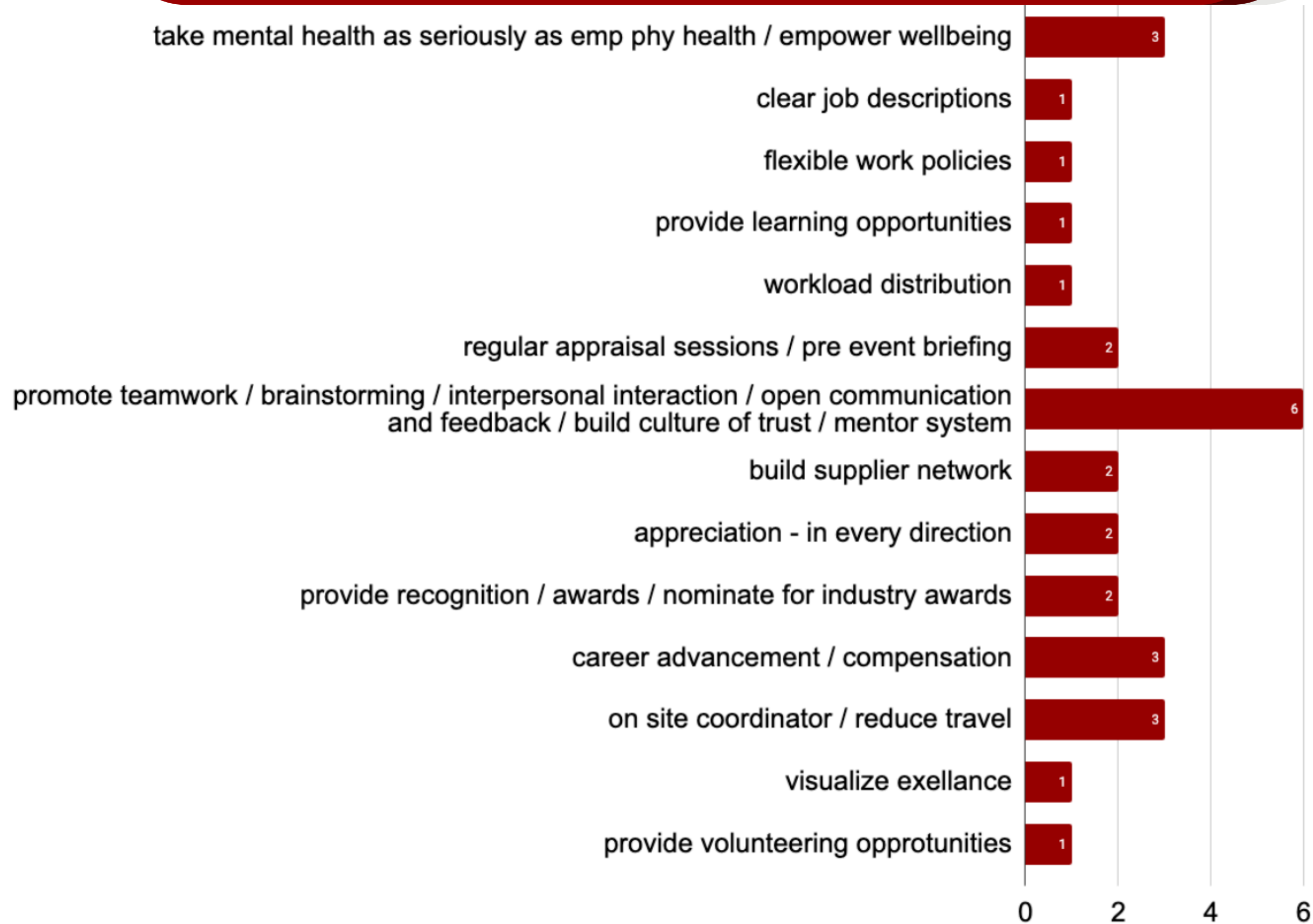
Work Style



Mitigation Strategies



Mitigation Strategies




References

Provided Upon Request



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Founder <https://Eventtoolkit.app>

 **Director of Banquet Operations**





**Thank You For Your
Attention**