



NO MORE BURNOUT™

No More Burnout!

Prioritizing People and their Well-Being

CUSTOMIZABLE Leadership Experience

DESCRIPTION

Three-hour workshop on burnout awareness, prediction, and prevention

AUDIENCE

Organizational leaders

FORMAT

In person or virtual

Leaders who have the heart in the right place and are committed to putting their teams first know they play an integral part in their team members' well-being, productivity, and overall success.

1 Establish the difference between being chronically stressed, overwhelmed, worn out, and burned out



2 Increase awareness of how burnout impacts you and the people you lead

3 Identify your own potential role in contributing to a burnout culture



4 Ensure team members' relationship with their work is purposeful, reasonable, and sustainable

The Journey to No More Burnout

Burnout Pre-Assessment

A discovery of the roots of burnout, tools to predict and measure burnout, and areas of the work environment that support well-being and productivity

eBook and Follow Up Online Activities

Optional Individual or Group Coaching Sessions