



# Thrive

Change + Resilience  
in the Workplace.

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Training | Leadership Coaching | Speaking

## Burnout to Balance in the Workplace

### Workshop Overview

This one-day training workshop introduces the **six key elements to prevent burnout and explores how to cultivate greater balance and employee engagement within the workplace.** Burnout is not just an individual problem. The cost of burnout is also high for organizations due to the following: reduced employee productivity, poor work quality, decreased employee engagement, increased absenteeism, more conflict in the workplace, and staff turnover. In order to thrive and ensure both employee and organizational health, it is essential to learn how to prevent burnout, enhance balance and cultivate stress resilience with individuals, teams and within the overall workplace.

### Learning Objectives

- Define how burnout differs from job stress
- Understand 3 key components of burnout and 12 phases of the onset of professional burnout
- Identify the pressures that can contribute to chronic exhaustion, cynicism, and ineffectiveness
- Explore both individual and organizational approaches to solving the problem of burnout
- Learn 6 proven strategies for increasing productive engagement between people and their work
- Consider balance as both a prevention and intervention approach to reducing the risk of burnout (discover why it is better to prevent burnout than to deal with it later)
- Ignite real motivation for addressing burnout in the workplace to create a caring and healthy organizational culture

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*“A large number of well-intentioned, talented, and dedicated people find themselves stuck (burnt-out). They cannot bring about the organizational world they desire, yet they cannot simply shrug off this experience as a minor shortcoming. It strikes to the heart of their relationship with their work.”* Christina Maslach & Michael Leiter

## Collaborative Instructional Strategies

This workshop is highly interactive. Key concepts will be presented and the participants will be supported through discussions and interactive exercises to deepen their learning while also creating inspired action steps for preventing burnout, reducing stress and enhancing work-life balance.

## Audience

The **Burnout to Balance** course has been designed for:

- Employees
- Supervisors
- Lower-to-mid level managers
- Leaders
- Human resource professionals

*“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”*  
~ Albert Schweitzer

For more information about this workshop for your organization, please contact:

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