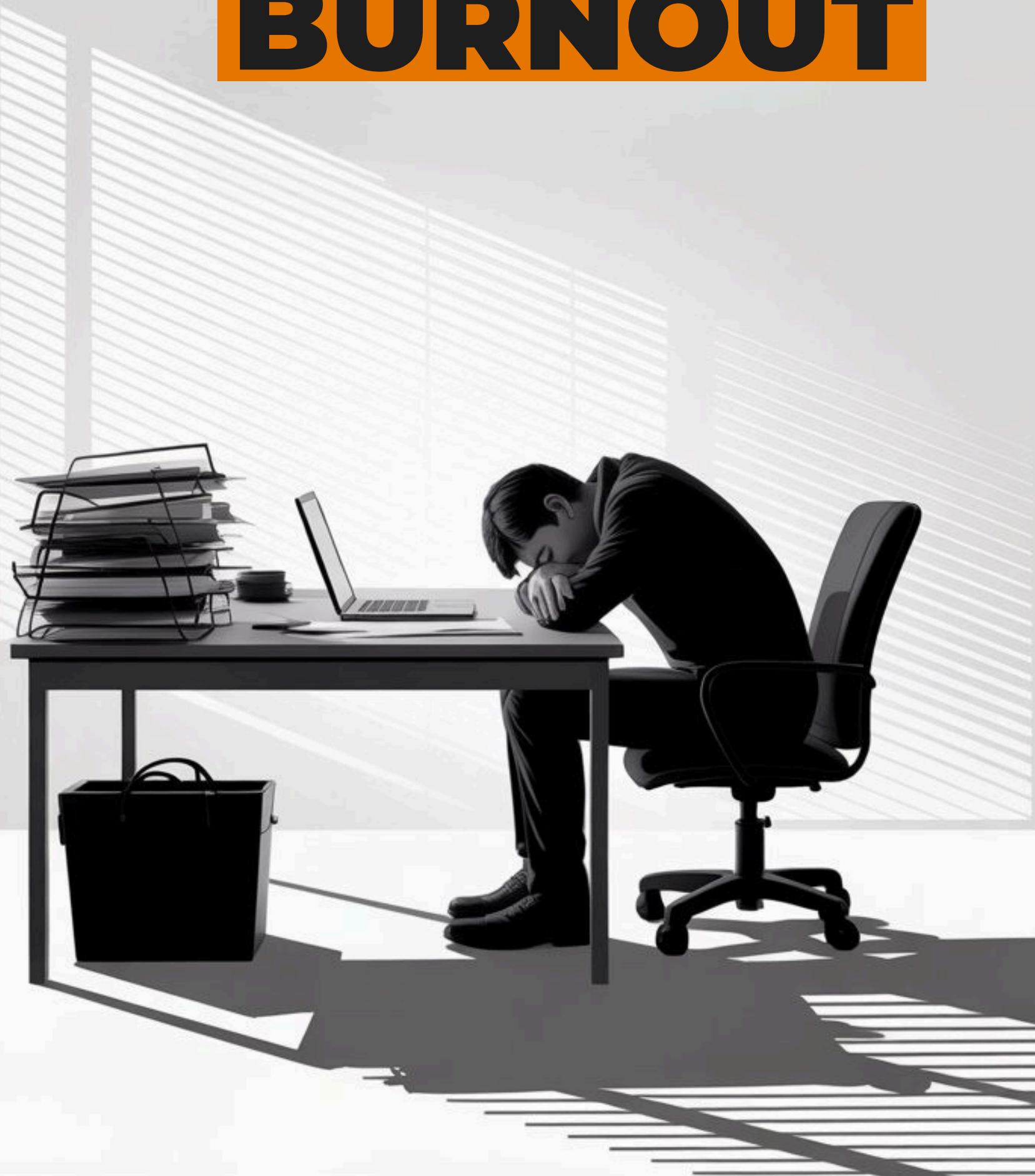


PREVENTING WORKPLACE BURNOUT



SESSIONS FOR MANAGERS, TEAM LEADS AND PROFESSIONALS

Preventing Workplace Burnout



This session will help you when:



You are concerned that your colleagues or team is approaching burnout.



You feel that you may be close to burnout yourself or are experiencing some of the signs.



You have experienced burnout in the past and you want to prevent it from happening again.



THIS PROGRAM COVERS:

- What burnout REALLY is and how to recognize it.
- How to reduce the likelihood of burnout.
- How to build emotional intelligence and resilience.
- Professional Greenhousing (your anti burnout strategies)

A sustainable future of work means dramatically reducing the level of burnout in the workplace. A future that might seem elusive but is entirely achievable.

MEET TRAINERS

YOUR



Founder



Consultant

Rachel Wilson Rugelsjøen

Founder of LevelUp HR and Strategic HR Consultant. 20+ years

international leadership and HR business partner roles in Fortune 500 companies. Rachel specialises in organisational psychology, culture and team development.

Dr. Sarah Jordan

Consultant Clinical Psychologist and former Clinical Lead of Health & Wellbeing in NHS Mental Health. Sarah has co-authored 2 books on Mental Health and Wellbeing, lectures at Leeds University and runs a private clinical practice.