

# 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 YOUR TRAINERS



Founder

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## Rachel Wilson Rugelsj en

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**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.



Consultant

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## Dr. Sarah Jordan

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**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.