



Stress Management and Burnout Prevention

Overview

Learn essential strategies to manage stress and prevent burnout, enhancing workplace productivity and personal well-being through effective leadership and psychological safety.



How This Course Will Benefit You

Through a blend of theoretical knowledge and practical strategies, you will learn to navigate and mitigate workplace stressors effectively. By fostering psychological safety and addressing mental health proactively, leaders can enhance team productivity, reduce absenteeism, and promote a culture of wellness and support. Whether you're looking to improve your own resilience or to better support your team, this course offers valuable insights and tools for managing stress and preventing burnout, ultimately leading to a healthier, more engaged, and productive workplace.

Course Objectives

Equip leaders and employees with the knowledge to foster a mentally healthy workplace environment. This helps them to:

- Identify and mitigate factors contributing to workplace stress and burnout.
- Develop skills for creating a psychologically safe environment.
- Implement strategies for personal and team resilience and self-care.

Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals