

Getting out of Burnout

Recommended for everyone who feels on a verge of burnout.

WHAT IT'S ABOUT

Managing and renewing one's energy to avoid chronic fatigue and lack of meaning
Regaining motivation and getting out of the feeling of emptiness and burnout
Increasing one's engagement and time management (esp. when WfH)

TRAINING AIMS

By the end of the course, the participants will be able to:

- diagnose their level of burnout and find out which areas need work;
- leverage 4 sources of energy to improve engagement and self-organization;
- benefit from the knowledge of energy zones to manage their daily activities;
- practice a few energy, motivation and stress management techniques.

DURATION & COMPONENTS

Pre-work	Complete Burnout Self-Assessment (based on Ch. Maslach) Participate in individual 30-minutes online meeting with the trainer
Session 1	Workshop (3.5h): Burnout and Energy – where am I? <ul style="list-style-type: none"> - diagnosis and analysis of my burnout - energy zones, i.e. symptoms and emotions influencing "burnout" - Energy audit - 4 energy sources
Session 2	Workshop (3.5h): Coping with Burnout – what's next? <ul style="list-style-type: none"> - Energy Management Techniques - Identifying stressors influencing burnout and methods of dealing with them - building mental resilience - making a plan for new habits
Post-course call	What have I changed and how it worked – evaluation of the effectiveness of new habits (1h, approx. 2 weeks after the training)
Throughout the course	Individual work: Short 5-10 min tasks every 2-3 days in the training process for self-reflection and developing new habits
Time commitment per participant	7h of online/F2F workshops 0.5h of individual pre-course coaching 1h of call Up to 2h of individual work spread over the course

TRAINER

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For trainer profiles please go to <https://accentbusiness.pl/team/>

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