



Online Leadership

OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our "90 Minute" leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:

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“How To Stop Burnout, so work/life balance is a Reality not a Utopia”



Regarded by the World Health Organisation as a key driver of work-place absence and a major challenge for professionals who are striving and coping in our complex 21st century world, there's little doubt that burnout is a real and present danger, which poses grave consequences for people and organisations who ignore it. But what is burnout? What are the triggers? Is it preventable and if so, how do you prevent it? In this session, participants will explore:

- The 5 most common work-place triggers of burnout and how to tackle them.
- The 'easy-win' and 'wider-scale' strategies being delivered by UK employers to tackle burnout.
- Why tackling burnout requires a wider focus than simply the work environment.
- How elite performers process and respond to set-backs, using T.E.S.T.
- How to manage long-term worries using The Worry Scale, so you remain proactive about tackling your worries, but without getting consumed by them.
- How to create rhythms, routines and habits which both energise and refresh in the toughest of times.

Speaker: Andrew Pain

Date: Thursday 14th September 2023

Time: 3.30 -4.30pm

To Register – <https://link.webropol.com/ep/onlineleadershipstopburnoutseptember2023>