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:

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

8 million: the number of people in the UK prescribed anti-depressants each year.
75%: the proportion of people in the UK who say they have felt so stressed in the last year that they have been overwhelmed and/or unable to cope.
60%: the proportion of UK employees saying they are operating on 'empty', on a day-to-day basis.

The list of stats could continue. There is no shortage of stats, but the picture they appear to paint, is one which is pretty bleak and shows that for all the wellbeing and mental health awareness we now have, people are still struggling. And so the question of burnout continues to be relevant and important, if we want our teams to thrive.

In this session, we will explore:

Burnout: the myths, the triggers and signs.
How to prevent burnout in the workplace, from psychological safety to community and the progress principle. Practically speaking, how do we look out for one another?
How to prevent burnout in our own homes and spaces? Beyond the obvious things like sleep, hydration, and exercise, what else can we put into place to help us navigate the fast-paced and complex world in which we live?

Speaker: Andrew Pain   Date: Tuesday 29th October 2024   Time: 3.30pm-4.30pm

To Register – https://link.webropol.com/ep/onlineleadershiphowtostopburnoutoctober2024