

# Avoiding Burnout & Managing Workplace Pressure

## 2-DAY RECHARGE & RENEWAL® IN-HOUSE SEMINAR

This two-day revitalizing seminar is targeted for individuals and leaders working in today's high pressure, high-output, and rapidly changing work environments. Participants identify specific factors which contribute to personal and workplace stress and burnout. They then learn ways to implement personal balance tools and practices to reduce the negative effects of prolonged pressure, change and uncertainty. During practice exercises, participants learn proven communication and conflict tools for handling difficult situations with co-workers. They come away with enhanced motivation and energy, increased compassion and personal effectiveness, and the ability to maintain a balanced, uplifting presence back on the job.

**Appropriate For:** Business professionals and entrepreneurs, leaders responsible for the well-being of teams, administrative managers and human resource professionals.



### SEMINAR OVERVIEW

- **Day One** content focuses on self-assessment, and building new routines to *Recharge Your Battery* and avoid burnout.
- **Day Two** covers selected change, conflict and communication challenges pertinent to the group, and ways for managers to establish the correct environment for recharge and renewal.

### SEMINAR FEATURES

- 2-day Seminar format accommodates up to 25 people; or Workshop format accommodates 6 to 12
- Participant materials (for up to 25)
- Pre-workshop conference call with sponsor to tailor the workshop to the group
- Standardized sample communication templates to assist with event announcements and logistics
- Post-workshop call with the sponsor to debrief and discuss reinforcement

**Additional consulting services** are available to enhance the seminar process. These include one-on-one coaching sessions for participants or team leaders, and pre- and post-seminar *Recharge & Renewal® Surveys* for participants, in order to benchmark the change. Also available is further customizing for department or division-wide rollout. Pricing for these additional services is provided on request.

For More Information and Pricing for Your In-House Seminar

**Please Call 888-284-2442**  
to speak to one of our knowledgeable staff.