

PREVENTING BURNOUT STRESS MANAGEMENT

Audience: General, private and public sector, individuals and groups

Description:

Stress, in and of itself, can be positive or negative. In the correct amount, it energizes and helps get things done well. In the wrong amounts –too little or too much—it can impede getting things done, especially getting things done well, and it can debilitate physically and mentally.

This comprehensive workshop provides information and exercises covering major strategies, including relaxation and imagery, self talk, and humor, for improving stress management and helping prevent burnout.

Format: (in order of recommended time allocations)

One 5-hour (1 day) workshop

One 3-hour (1/2 day) condensed workshop

One 2-hour condensed (selective focus)

One-hour overview presentation