

WORKPLACE WELLNESS

CONQUERING STRESS & BURNOUT: EFFECTIVE COPING STRATEGIES



PROGRAM OVERVIEW

In today's fast-paced work culture, maintaining a healthy work-life balance and prioritizing personal well-being is essential for sustained productivity and job satisfaction.

Forbes magazine report post-pandemic we are experiencing a 'new kind of burnout' that is seriously jeopardising our wellbeing. Burnout especially, 76% of employees and 96% of leaders experiencing burnout at some point in their careers, it seems obvious that preventing burnout and looking after our wellbeing should be a business priority for all – but what does that look like?

So, what can we do about it, as employers and employees?

PROGRAM OBJECTIVES

This one-day workshop is designed to equip participants with practical coping strategies to manage stress effectively and prevent burnout. Through interactive sessions and exercises, participants will learn how to identify stressors, implement stress management techniques, and cultivate resilience to thrive in their professional and personal

Some of the key learnings are -

1. Understand Stress and Burnout - Recognizing the signs and symptoms. Exploring the impact of stress and burnout on performance and well-being
2. Time Management - **Manage Priority** with Eisenhower Time Matrix

3. Self-compassion & Self Care – are your **'S.E.E' (sleep, eat, exercise)** align with the 'Human Design' Modal? Introduce the IKIGAI Rules of Longevity and Happiness
4. Emotional Management – using **Emotional Journaling** to track your emotional state and analyse your emotional trigger. Pattern Interrupt and State Management Technique allow an instant shift to the desired peak emotion
5. Mindset Management – **Reframing** negative thoughts and the power of words (POW) at the subconscious level to build a resilience mind. Develop a growth mindset with Possible-Positive belief

METHODOLOGY

Best Learning happens in the moment of joy. Training is delivered in an experiential way, with interactive lessons, group discussion in an environment that facilitates accelerated learning and application. The trainer will facilitate discussion of challenges of the professional and personal life of participants.

PROGRAM VALUE PROPOSITION

This course incorporated the NLP techniques as an advanced tool used by many successful professionals, to enhance the effectiveness of the course

Participants will learn, practice, and assimilate these skills into their daily activities until they become unconsciously competent in these skills.

This TARGET AUDIENCE

Executives, Engineers, Managers & HODs.

Anyone who needs to cope with stress and burn-out to have their well-being at the peak state

PROGRAM OUTLINE

Time	Activities
OPENING 9.00am - 915am	Program Mandatory <ul style="list-style-type: none"> Welcome and Introduction & Program Overview Break The Ice Game!
Module 1 915am-1015am	Introduction <ul style="list-style-type: none"> Understand Stress and Burnout Recognizing the signs and symptoms Exploring the impact of stress and burnout on performance and well-being <i>Activity: Group discussion</i>
1015am-1030am	BREAK
Module 2 1030am-1130pm	Emotional Management <ul style="list-style-type: none"> Emotional Journaling to track your emotional state and analyse your emotional trigger. Pattern Interrupt to break the unresourceful state State Management Technique allow an instant shift to the desired peak emotion <i>Activity: Group Activity</i>
Module 3 1130pm-1230pm	Mindset Management <ul style="list-style-type: none"> Growth Mindset - Reframing negative thoughts Power of words (POW) at the subconscious level Resilience mind - Develop the Possible-Positive Belief <i>Activity: Group Activity</i>
1230-130pm	LUNCH
Module 4 130pm-230pm	Time Management <ul style="list-style-type: none"> You don't manage time, you manage Priority Manage Priority with Eisenhower Time Matrix Manage Your energy for Peak Outcome <i>Activity: Build your Eisenhower Matrix</i>
Module 5 230pm-4pm	Self-compassion & Self Care <ul style="list-style-type: none"> Wheel of Life assessment – What is your focus? 'Human Design' and your 'S.E.E (sleep, eat, exercise) pattern Introduce the IKIGAI Rules of Longevity and Happiness <i>Activity: What is Your Outlook -Wheel of Life</i>
Module 6 4pm-430pm	Reflection & Sharing What is your Daily Hi-5?
CLOSING 430pm-5.00pm	Celebration, Learning Recap, Assessment, Photo Session (CLAP)