

Beyond Burnout Workshop

The Resilient Employee

Beyond Burnout supports businesses create healthy and sustainable work practices that prevent, detect and respond to Burnout whilst balancing the demands and expectations of the corporate environment.

Creating a healthy workforce is fundamental to the success of any business as it:

- Reduces costs
- Decreases workers compensation claims
- Improves interpersonal relationships leading to less workplace conflict
- Improves staff morale and engagement
- Improves productivity and profitability

Beyond Burnout is more than just information about workplace mental health. Beyond Burnout explores how the personal skills and knowledge of individuals can be shared and valued to form a cohesive and productive workplace. It reflects on the challenges faced in workplaces and how these can be overcome for the benefit of individuals and the workplace as a whole.

Session Objectives

On completion of Beyond Burnout participants will be able to:

- Outline the cause and impact of burnout on individuals and the workplace
- Understand that creating a healthy workplace is a shared responsibility; attitudes, actions, and choices contribute to resilience and protect against Burnout
- Enhance skills and knowledge that develop resilience
- Implement the 5 Step Approach to Preventing Burnout in the Workplace
 1. Understand work expectations, values and goals
 2. Apply 5 quick and effective mindfulness skills to daily routine
 3. Implement strategies to cope with stress
 4. Attend to the 8 Dimensions of Wellbeing model
 5. Identify and respond to signs of burnout
- Identify personal goals that will enhance wellbeing, performance and productivity
- Identify workplace practices that support the development of a resilient employee

Beyond Burnout is tailored to your workplace needs and objectives. It can be provided in three 2 hours sessions or as a complete day session of 6 hours.

Information and Bookings:

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Shawn Goldberg is an expert in the prevention and treatment of burnout.

Shawn provides training that is dynamic, thought provoking and practical. He helps people to gain insight into their own thinking and behavior and the role these play in improving work performance and relationships. Using his expert facilitation skills Shawn seeks to enhance the development of personal resilience in the workplace.



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