

Burnout Prevention

3-day Sprint



This program is designed for employees and leaders seeking to better understand and prevent **burnout**. It covers multidimensional aspects of work and well-being, offering evidence-based techniques to better manage stress on a personal level and best practices to improve workplace well-being within the team.

Key takeaways:



- Understand the concept of a burnout, and the first signs of it
- Recognize the main reasons for workplace burnout
- Understand the Stress Cycle, learn to manage stress and build resilience
- Learn about the pillars of well-being that help prevent burnout
- Gain the skills to cultivate a sustainable workplace environment

Day 1: Burnout 101

We examine **burnout** from academic and practical perspectives, assessing the team's stress levels.

We delve into stress cycle, discuss the impact stress has on our well-being and learn stress management techniques. We introduce a framework for effective burnout prevention.

Later, we focus on **physical well-being**, covering hydration, quality sleep, fitness, dietary approaches, and biohacking. We discuss trends in preventative medicine and longevity, with a spotlight on latest developments in the space.

Day 2: Pillars of well-being

We start our day with mindfulness, then take a deep dive into the topic of **mental well-being**. With half the global population projected to face mental health challenges, we discuss recognizing signs of distress and introduce positive psychology tools for personal and professional balance. Topics include mental energy, cognition, resilience, coping, positivity, and agency. We introduce the emerging concept of **digital well-being**, covering cyber psychology research on screen time's impact on mental health, digital literacy, privacy, security, and etiquette.

Next, we touch on **spiritual well-being**, discussing its components like meaning, centeredness, identity, beauty appreciation, and gratitude.



We explore spirituality's role in stress recovery and resilience-building.

Finally, we address **social well-being**, focusing on self-understanding, connection-building, and boundary-setting for personal and peer thriving.

Day 3 – Building a thriving culture in your team

Full day we focus on **occupational well-being**, and share the best practices in achieving a sustainable human environment within the team. We discuss value alignment, financial satisfaction, meaningful work and empowerment. We review what it means to work in a toxic environment, and the importance of developing trust within the team. We look at workload, inclusivity, team dynamics, supportive systems and coaching.

By navigating these fundamental topics, participants build a strong basis for cultivating overall well-being and combating burnout in their professional lives.



Training duration

The training is divided into three days – 3 hours per day. Alternatively, it is delivered in 1 full-day.