

Burnout -timely recognition and taking countermeasures

Content and goals

In today's fast-moving and dynamic workaday world, chronic overexertion and self-denial are indisputable phenomena. In fact, they are among the most frequent reasons why clients contact us. Nevertheless, "burnout" is still a difficult topic. This is not least because the sometimes over-exaggerated handling of burnout - also on the part of the health sector - has not exactly encouraged companies to deal with it.

The central fact has not changed: Burnout exists and is anything but rare. As a rule, however, it cannot be attributed alone or even primarily to the work situation, but is the result of a longer process in which the personal characteristics and lifestyle of the persons concerned play a major role.

Topics

- Understanding burnout syndrome: what it is (and what it is not), how it develops and progresses, and key risk factors – to deepen knowledge of the topic.
- Recognizing burnout: why it is often detected late, how to identify warning signs in oneself and others, and how to take effective countermeasures.
- Stopping burnout: concrete and targeted strategies from resource management, recovery skills, and work-life balance.

Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Target audience

Executives/management, employees, trainees