

Early Recognition of Burnout: Supporting endangered co- workers before it's too late

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.

Burnout prevention is also a management issue, because individual employees or entire teams that burn out generate high costs for both the company and society.

Topics

- Understanding burnout: what it is (and isn't), how it develops, typical progression, and key risk factors – to better understand affected employees' experiences.
- Recognizing burnout: why it's often detected late, how to identify early warning signs in oneself and others, and how to respond effectively.
- Management's role: how leaders can support at-risk employees and the possibilities and limits of managerial responsibility.

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 and management