

WEBINAR: Managing Burnout in the Workplace



Overview

Constant stress and battles are always present in the workplace. Problems at work can really hit you hard. The modern work environment is the reason for burnout and is detrimental to people's health which in turn reduces employees' productivity.

Objective

- This program will teach you how to be mindful of your actions and be strategic to prevent burnout, thus, will increase your efficiency and productivity level in the workplace.

Who Should Participate

- Every personnel in the workplace can benefit from this seminar.

Key Topics

- I. What is burnout?
- II. What are the factors that contribute to burnout?
- III. How to create a plan of action
 - A. Managing workloads
 - B. Understanding your sense of control
 - C. Impact of rewards
 - D. Strategizing with your workplace community
 - E. Promoting fairness
 - F. Renewing your values
- IV. The joy of burnout

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Duration

- 3 hours

Webinar Fee

- Php 1,750.00 per participant (inclusive of e-Handouts and e-Certificate) to be paid at least 3 banking days before the event

Requirements

- Mobile phone, tablet, computer or laptop
- Download free ZOOM app
- Internet connection
- Good audio connection

Reservation

- Please call to register (0915.205.0133|0908.342.3162 | 0933.584.7266| (02) 8.727.5628) or use the registration form below. Kindly fill-out and email to businesscoachphil@gmail.com. You will receive a confirmation within 48 hours.

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