



DR. VIV BABBER

STRESS LESS PROFIT MORE

FUTURE-PROOF
YOUR COMPANY WITH
AI READINESS AND
BURNOUT PREVENTION

How prepared is your company to integrate AI in a way that enhances productivity without overwhelming your team?

What strategies do you have in place to prevent AI-driven workloads from leading to employee burnout?

Are your leaders equipped to support teams as they adapt to new AI technologies, ensuring a healthy work-life balance?

How will you measure the success of AI initiatives beyond profits, focusing on employee well-being and resilience?

What steps are you taking to create an AI-ready culture that embraces innovation while safeguarding mental health.

