

Leadership Training Associates

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How to Beat Burnout

Designed for:

Any person from secretary to CEO who desires to renew his/her enthusiasm and build job satisfaction now!

Outline:

The Burnout Phenomenon

How burnout begins
Signs that should be watched
A simple test to see if you are burning out
The burnout personality
Occupations prone to burnout
Burnout and your health

Anti-Burnout Strategies That Provide Immediate Relief

Gaining acceptance of your ideas at work
How to get more done in less time
A new discovery on how to eliminate worry and sleep better
How to solve problems more productively
A guaranteed stress reduction technique you can do at work in less than 60 seconds

Anti-Burnout Living

Specific techniques to increase energy, stamina and resistance to tension
The importance of career development
How to Achieve Balance in your life
Action planning to prevent burnout
A proven technique to make your action plan work
How to help others who are experiencing burnout