



Burnout Intervention Program

Providing both proactive and reactive strategies for addressing the causes and impacts of burnout on you, and those around you. Burnout can feel like we're losing control. It is characterised by depleted energy and exhaustion, distancing and feelings of negativity, and reduced professional efficacy. This workshop provides time and a method to reflect on how you gain back some of that control.

Connecting with you

- ① Finding and or re-engaging my strengths (Gallup online)
- ② Self care planning (Stop, Start and Sustain template around mental, physical and emotional health)
- ③ The Constructive Vent: ensuring pressure doesn't become toxic for you and others

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Connecting with others

- ① Building your performance network at work and home
- ② Knowing the keys to identifying and responding to the 5 zones of resilience
- ③ Developing group behaviours in line with the challenges we face

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Connecting with the bigger picture

- ① Defining purpose and resetting Home and Work priorities
- ② What's my performance elevator pitch moving forward?
- ③ Building a plan for tough decisions and challenging conversations that need to occur over the next 30 days

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WORKSHOPS



COACHING



ONLINE

1300 363 397

info@bulletproofperformance.com.au

www.bulletproofperformance.com.au