BURNOUT: PREVENTION AND RECOVERY

The work does not stop. The future brings more projects, more change and more uncertainty. What can we do to prevent burnout and recover when we feel we’ve reached our limit?

We often speak about burnout in terms of financial costs of work absences, but what about the cost if someone functions at a fraction of their capability? What about the person who quits their job?

Recovery is an active process, not a passive one. Yet, we are not often taught how to recover. The good news: there are skills, habits and work design that aid recovery from burnout and facilitate burnout prevention!

We all exist somewhere on the spectrum of peak performance to burnout. This program focuses on a step-by-step, personalized guide on exactly what to do to recover.

Based on psychology, neuroscience and behavioural medicine, a shift in mindset and perspective can allow for a different, more effective approach to work.

LEARNING OUTCOMES

Upon completion of this program you will be able to:

• Define and understand burnout;
• Identify the 6 contributors to burnout;
• Understand the impacts of burnout on the body and mind;
• Learn how to mitigate stress to optimize recovery;
• Develop a daily recovery plan;
• Identify how systems, companies and teams impact burnout;
• Identify leadership tactics to help prevent burnout;
• Develop a proactive plan to reduce the risk of developing burnout within yourself and within your team.

WHO WILL BENEFIT

This program is for leaders and professionals looking for practical, science-based strategies on how to prevent and recover from burnout.

Date: January - February 2021
Program Delivery: Online
Commitment: 6 hours
Investment: $550

This course will be led by experienced professionals from ConsciousWorks. Please visit the ConsciousWorks website for details: consciousworks.com

*Program schedule and content is subject to change. Please visit haskayneexeced.ca the most up-to-date program information.
### PROGRAM SCHEDULE:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Learning Activities</th>
<th>Format</th>
<th>Commitment</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 19, 2021</td>
<td>Understanding Burnout: how to identify it, its causes and its impacts.</td>
<td>Live, online session</td>
<td>2 hours</td>
</tr>
<tr>
<td>January 19 – February 3, 2021</td>
<td>Implement a recovery habit, skill or work design into daily life.</td>
<td>Mini-Action Learning Project</td>
<td>2 hours</td>
</tr>
<tr>
<td>February 3, 2021</td>
<td>Strategies to shift work culture to help teams prevent and recover from Burnout.</td>
<td>Live online session</td>
<td>2 hours</td>
</tr>
</tbody>
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### GRANT FUNDING

This program could be eligible for grant funding that can cover up to 2/3 of the program costs. An Executive Education team member can help you bundle courses to meet the minimum hours needed for eligibility.