

Burnout - timely recognition and taking countermeasures

Content/Goals:

In today's fast-moving and dynamic workaday world, chronic overexertion and self-denial are indisputable phenomena. In fact, they are among the most frequent reasons why clients contact us.

Nevertheless, "burnout" is still a difficult topic. This is not least because the sometimes over-exaggerated handling of burnout - also on the part of the health sector - has not exactly encouraged companies to deal with it.

The central fact has not changed: Burnout exists and is anything but rare. As a rule, however, it cannot be attributed alone or even primarily to the work situation, but is the result of a longer process in which the personal characteristics and lifestyle of the persons concerned play a major role.

In this workshop participants will learn:

- what is meant by "burnout syndrome" and what it does not mean, how burnout occurs and how it usually progresses, and what the most important risk factors for burnout are - with the aim of deepening knowledge on this topic.
- why a case of burnout is often recognized only when health and performance are already severely impaired, how one recognizes a threatening case of burnout in oneself and in others, and how one can take appropriate countermeasures.
- what concrete and target-oriented strategies and measures from the areas of resource management, recovery skills and work/life balance can be used to stop a burnout process.

Trainers:

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration:

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Target audience:

Executives/management, employees, trainees

Infrastructure:

The training courses take place in suitable training rooms at your premises.

Lunch sessions can also be booked as webinars.

Contact:

ICAS Switzerland LLC
Hertistrasse 25
8304 Wallisellen
Phone 044 878 30 00
info@icas.ch