



JACKIE BURKE

psychology & consulting

TRAINING PROGRAM

Preventing Burnout

Overview

Burnout is a type of psychosocial workplace risk that applies to a wide variety of different professional roles. Managers and employers have an obligation to effectively control and reduce the risk of burnout. This course provides an overview of the evidence base to enable a comprehensive understanding of burnout as well as providing effective strategies for the prevention of burnout.

What This Course Will Teach You

This course is appropriate for management, supervisory and frontline staff members. Participants will comprehend burnout within a comprehensive psychosocial risk management frame, differentiate burnout from other common psychosocial workplace risks and identify effective strategies for preventing burnout across three domains, workplace factors, lifestyle factors, and individual variables.

Who Should Attend

All workroles can benefit from this course management, supervisory and frontline staff members.

Duration

Half Day

Max Participants

25

Learning Outcomes

- Comprehend psychosocial risks and impacts within the workplace.
- Effectively understand burnout.
- Comprehend what predicts burnout.
- Identify and utilize effective strategies to prevent burnout.