

Better than Burnout

Short presentation and facilitated discussion so you can:

- Recognise signs of burnout in yourself and others.
- Understand that stress can be accumulative and addictive.
- Consider how common personal characteristics and environmental factors can make people more vulnerable to burnout.
- Take time to reflect on your wellbeing and preventing burnout.
- opportunity to coproduce a peer supported safe headspace for voluntary sector workers.



Everyone is welcome. You do not need to be experiencing feelings of stress or burnout to benefit. This a safe space for you to take some time out and focus on your wellbeing. Due to the nature of this course spaces are limited to 10 and will not run with less than 4 participants. Sessions for established groups also available

Book your space: <https://forms.office.com/e/t1NETzTamb>

The second half of this session will be an opportunity to share your thoughts, feelings and experience of stress and burnout.

There is an expectation from all attendees to adhere to a safe, confidential, nonjudgmental space.



NB: This is information giving and coaching NOT therapy