

Aim:

Take the first step towards a more fulfilling and balanced career. Reserve your spot today and unlock the secrets to a healthier, happier and more productive work-life. Our dynamic seminar is designed to empower you with the tools and knowledge to thrive in today's fast-paced work environment by preventing burnout, combating toxicity and mastering stress reduction techniques. Participants will be equipped with practical tools to identify the first signs of burnout and toxicity and receive actionable strategies to manage work stress effectively. Prioritizing wellbeing builds trust and strengthens relationships between employees and management. This leads to better communication, increased loyalty and a more balanced and harmonious workplace.

Who should attend the seminar:

Professionals looking to enhance their work-life balance and improve their overall wellbeing. Managers and HR Professionals who aim to create a healthier and more productive work environment for their teams. Team Leaders seeking to foster a positive and supportive workplace culture. Business Owners interested in boosting employee satisfaction and productivity. Anyone passionate about personal development and committed to achieving a balanced, fulfilling career. This seminar is ideal for individuals from various industries who are dedicated to improving their professional lives and creating a positive impact in their workplace.



Master Stress Reduction: Recharge Your Worklife, Prevent Burnout, Eliminate Toxicity

Instructor:

Dr. Inna Haas
Psychologist,
Life & Executive Coach

Inna is an experienced psychologist and coach, working with clients (individual and groups), from all over the world, incl. Ukraine, Russia, Germany, UK, Switzerland, Canada, Cyprus etc. She has a Ph.D. in Organizational Psychology from Kiev National University of Trade and Economics. Attended Sigmund Freud University in Vienna and successfully completed additional studies in NLP, Emotional Intelligence, In-Crisis Consulting, as well as Systemic Psychotherapy and Positive Psychology. She is a member of the European Association of Work and Organizational Psychology. Author of numerous articles in scientific magazines, and speaker at international conferences, incl. the EAWOP European Psychology Congress in Turin, Italy. She has also graduated from the College of Executive Coaching in California as fully qualified Life & Executive Coach. Accredited and certified by the International Coaching Federation (ICF).

Contact Us:

Seminars@globaltraining.org

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November 5th, 2024

9:00 – 16:15

6 CPDs

Ground Based (Nic): €150

SEMINAR PROGRAMME

Master Stress Reduction: Recharge Your Worklife, Prevent Burnout, Eliminate Toxicity		
Time	Duration	Description
9:00 – 11:00	2:00	<ul style="list-style-type: none"> Definition and Symptoms of Burnout Understanding the Causes and Signs of Burnout Burnout Statistics and Effects on Employees and Organization Practical Strategies to Prevent Burnout Time Management and Workload Prioritization Stress Reduction Tools Importance of Work-Life Balance Group Discussion: Personal Experience with Burnout Case Study: Analyzing Burnout Scenarios Burnout Test
11:00 – 11:15	0:15	Break
11:15 – 12:45	1:30	<ul style="list-style-type: none"> Types of Workplace Toxicity and Their Effects Identifying Toxic Behaviors and Their Impact Strategies for Addressing and Reporting Toxicity Developing Skills to Recognize and Address Toxic Behaviors Group Practice: Toxicity Identification Checklist Discussion: Personal Experience with Toxicity Case Studies for Addressing and Reporting Toxicity
12:45 – 13:30	0:45	Lunch Break
13:30 – 15:00	1:30	<ul style="list-style-type: none"> Fostering a Supportive and Healthy Work Environment Building a Positive Workplace Culture Encouraging Open Communication and Feedback Practical Tips on Giving Negative Feedback Team Building Exercise Communication Workshop
15:00 – 15:15	0:15	Break
15:15 – 15:45	0:30	<ul style="list-style-type: none"> Leadership’s Role in Promoting Well-Being Creating Personalized Action Plans for Workplace Well-Being Setting Realistic and Achievable Well-Being Goals
15:45 - 16:15	0:30	Summary / Questions and Answers
Total Net Duration	6:00	End of Seminar

Certification:

All participants will be awarded a certificate. Each hour of attendance will account for one unit of Continuing Professional Development (CPD) as required for members of most professional bodies.