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BURNOUT TO BREAKTHROUGH: BUILDING RESILIENCE TO REFUEL, RECHARGE AND RECLAIM WHAT MATTERS
with Eileen McDargh
$395 (US) per person

VIRTUAL SESSION (3-HOUR)

BURNOUT TO BREAKTHROUGH: BUILDING RESILIENCE TO REFUEL, RECHARGE AND RECLAIM WHAT MATTERS

When the World Health Organization proclaimed burnout as a global occupational hazard in May 2019, few would suspect that the convergence of work demands and Covid-19 would accelerate a significant increase in exhausted employees. Regardless of your role in an organization, burnout is an equal-opportunity offender. This seminar affords a way to step back and identify what burnout is, how it is triggered, how to break out of dysfunctional patterns (both personal and within the organization), and how to break through to cultivate resilience through four critical connection/energy points.

EILEEN MCDARGH

Since starting her consultancy practice in 1980, Eileen McDargh has become known as a master facilitator, an award-winning author, and an internationally recognized keynoter/trainer and executive coach. Client have ranged from global pharmaceuticals to educational institutions, from hospitals to the U.S. Armed Forces.

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She's the author of seven books, including her latest, Your Resiliency GPS, "A Guide for Growing Through Life & Work". Her book, "Gifts from the Mountain", won the Ben Franklin Gold Award and was turned into a training program featuring Eileen. Her newest book is scheduled for release in August: "Burnout to Breakthrough: Building Resilience to Refuel, Recharge and Reclaim What Matters". In 2021 Gurus International, a British-based provider of resources for leadership, communication and sales training, also ranked her in the top five of the World's Top 30 Communication Gurus following a global survey of 22,000 business professionals.

TOPICS COVERED

INTRODUCTION: WHAT MAKES AN EFFECTIVE MANAGER

- THE LATEST RESEARCH ON WHAT MAKES A SUCCESSFUL MANAGER
- THE GALLUP 5 MODEL FOR HIGHLY EFFECTIVE MANAGERS

EXERCISE - ARTICULATING YOUR VALUES COMPASS, DEBRIEF & DISCUSSION

THE VALUES COMPASS - HOW YOUR VALUES GUIDE YOUR DECISIONS

- THE ROLE OF VALUES IN MANAGING AND LEADING
- EXAMPLES OF VALUES IN BUSINESS LEADERSHIP
- IDENTIFYING AND ARTICULATING YOUR FIVE (5) CORE VALUES

THE TRUST FACTOR - ESTABLISHING AND CREATING A TEAM BOND

- A FIVE-COMPONENT MODEL FOR BUILDING TRUST
- PRINCIPLES FOR ESTABLISHING PSYCHOLOGICAL SAFETY
- TACTICS FOR CULTIVATING A SAFE AND OPEN ENVIRONMENT

EXERCISE - CREATING YOUR TEAM ANDON, DEBRIEF AND DISCUSSION

COMMITMENTS TO ACTION AND CLOSEOUT

PART 1: THE HOW, WHAT AND WHY OF BURNOUT

- EXPLORING THE CURRENT ENVIRONMENT AND ITS RELATIONSHIP TO BURNOUT.
- UNDERSTANDING THE DEFINITION AND SCOPE OF BURNOUT, BREAKOUT AND BREAKTHROUGH
- DISCOVERING THE FIVE PERSONAL TRIGGERS THAT CAN CONTRIBUTE TO BURNOUT
- LEARNING HOW A MANAGER'S ROLE CAN CONTRIBUTE OR MITIGATE TO BURNOUT
- REDEFINING RESILIENCE

PART 2 THE MYTH OF BALANCE AND HOW TO CAPTURE THE POWER OF CONTEXT

- CREATING A NEW METAPHOR FOR "BALANCE"
- EXPLORING THE NOW PHASE OF LIFE IN FIVE DOMAINS: PHYSICAL, EMOTIONAL, INTELLECTUAL, MATERIAL, SPIRITUAL
- NAVIGATING THE WORK-FROM-HOME CONUNDRUM.

PART 3 FOUR WAYS TO CULTIVATE RESILIENCE AND RECLAIM WHAT MATTERS

- CONNECTING WITH OUR BRAINPOWER (OR POWERLESSNESS)
  - SKILLS OF ADAPTABILITY- THE DANGER OF PAST PARALYSIS; THE DANGER OF RED ANTS; THE ROLE OF INTELLIGENT OPTIMISM; THE POWER OF REVERSE GOAL-SETTING

- CONNECTING WITH OUR HEART
  - THE ENERGY CONNECTION OF THE HEART (THE CONCEPT OF HEART-BRAIN AND HEART-RHYTHM COHERENCE)
  - WAYS TO INCREASE HEART ENERGY
  - PRACTICE OF MINDFULNESS

- CONNECTING WITH OUR HANDS
  - HOW TO CONDUCT A CAT SCAN
  - THE VALUE OF HORSE SENSE
  - BOUNDARY SETTING WITH KNOW, FEEL, DO
  - CONTROL THE CONTROLLABLE

- CONNECTING WITH HUMOR
  - THE VALUE OF LAUGHTER
  - THE VALUE OF PLAY

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