



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

with Mrs 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.

MRS 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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