

## BURNOUT PROOF: BUILDING RESILIENCE AT WORK

<b>Start Date:</b>	16/02/2026	<b>End Date:</b>	20/02/2026
<b>Categories:</b>	Wellbeing & Personal Dev	<b>Venues:</b>	Dubai
<b>Formats:</b>	In Person	<b>Instructors:</b>	Sami Khoury

### OVERVIEW

This course equips professionals with tools to recognize burnout, build resilience, and foster long-term energy and engagement at work. Participants will learn strategies to sustain high performance without sacrificing well-being.

### OBJECTIVES

By the end of this course, participants will be able to: – Recognize the signs, stages, and root causes of burnout. – Set boundaries and manage workload to protect energy. – Practice recovery strategies that renew focus and motivation. – Build psychological resilience and emotional regulation skills. – Promote a culture of well-being in teams and organizations.

### COURSE OUTLINE

1- Understanding Burnout: What It Is and What Causes It 2- Managing Energy, Not Just Time 3- The Role of Boundaries, Breaks, and Recovery 4- Resilience Habits: Mindset, Self-Talk, and Support 5- Embedding Well-Being into Team and Leadership Practices

### TARGET AUDIENCE

Managers, team leads, high-performers, HR professionals, and anyone seeking to maintain sustainable well-being at work.

### METHODOLOGY

Burnout assessments, habit tracking, guided journaling, peer reflection, resilience exercises, and action planning.

### CONCLUSION

Participants will leave with a personal burnout prevention toolkit and the skills to build resilient habits and team environments.

### DAILY AGENDA

### **Day 1: Know the Burnout Signs**

Understand the science and psychology of burnout and stress overload.

### **Day 2: Energy Over Hours**

Learn how to manage energy, prioritize, and take meaningful breaks.

### **Day 3: The Boundary Shift**

Build habits and boundaries that protect your time and focus.

### **Day 4: Resilience in Action**

Use mindset tools and reflection to strengthen mental endurance.

### **Day 5: Sustain the Shift**

Create a resilience action plan and apply insights with your team.

*For more information, please contact us:*

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