

BURNOUT PROOF: BUILDING RESILIENCE AT WORK

Start Date:	30/08/2026	End Date:	03/09/2026
Categories:	Wellbeing & Personal Dev	Venues:	Dubai
Formats:	In Person	Instructors:	

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

All Supervisory Levels, 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.

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