

BURNOUT: EMOTIONAL EXHAUSTION & FINDING BALANCE

PROGRAM DESCRIPTION

The Center for Mindful Living's Workplace Mindfulness Training Programs are designed for businesses and organizations with employees that may be experiencing high levels of stress or are noticing increased employee turnover rates, decreased productivity, or increased instances of time off due to stress related illness. Creating a mindful culture in the workplace leads to a reduction in employee stress and turnover, increases productivity and engagement, boosts creativity and innovation, and aids in recruitment.

The 'Burnout' program is designed for businesses and organizations that are already seeing symptoms of high stress in their employees and are looking to educate employees on techniques to reduce and prevent future instances of burnout.

Through this workplace training program, our experienced instructors will guide participants through specific mindful exercises and discussions on stress management tools to integrate into the workplace and personal lives. Participants will leave with the necessary tools to feel empowered to create change and balance.



TOPICS COVERED:

2-hour Training

- Define Burnout, stress, and the differences between the two
- Stages of burnout
- Causes and consequences of burnout
- How to recognize and manage burnout
- 10 minute guided meditation

Half-Day Training (3.5 hours)

- Topics listed in 2-hour workshop
- Creating a personal self-care plan
- Includes a breathing exercise and a 30-minute guided meditation

Full-Day Training (7 hours)

- Topics listed in 2-hour and half-day workshop
- Recognizing stress & burnout in colleagues
- Resilience building tips and exercises
- Expressive writing for stress management

LOCATION:

Our Instructors generally come to your business or organization, but for an additional fee we can offer workshops off-site at one of our partner facilities. This is highly recommended for the full-day training in order to create a neutral and therapeutic space. We can also offer workplace trainings through a virtual platform, if preferred.

ABOUT US

The Center for Mindful Living is a Chattanooga based non-profit organization that provides mindfulness pathways to people and communities through education, practice and partnerships. Connection, community, compassion and growth are at the core of everything we do at the Center.