

BURNING BRIGHT, WITHOUT BURNING OUT: NAVIGATING WORK-LIFE BLANCE & PREVENTING BURNOUT

Are you feeling overwhelmed by daily stress and finding it challenging to remember what life was like before burnout set in?

Maybe you're a manager confronted with a burnt-out team, uncertain about how to provide the necessary support. Burnout is a widespread issue that can affect anyone, especially those in high-stress environments or demanding jobs.

Join Dr. Mike Drayton as he tackles the critical issue of burnout, its impact on your team's productivity and overall performance, and the significance of work-life balance.

Burnout is not just a symptom of an individual's inability to handle work demands; it is a collective issue that influences the entire team and organization. It's a problem that requires a group effort, where the team addresses it as a cohesive unit rather than a disconnected assortment of individuals.

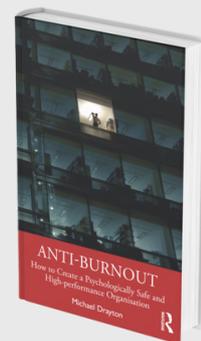
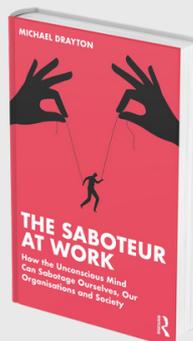
In this keynote, Dr. Drayton will share valuable insights and strategies to help you recognise the signs of burnout, take proactive measures to address the issue, and foster a healthier, more balanced work environment. He will emphasise the importance of understanding the relationship between the individual, their role at work, and the organisational culture in addressing and preventing burnout.

Don't let burnout extinguish the flame of success in your workplace. Learn to cultivate work-life balance and support your team in igniting success without burning out, under the expert guidance of Dr. Mike Drayton.



Dr Mike Drayton is an executive coach and business psychology expert who can enhance leadership skills and advance careers by boosting creativity, decisiveness, and resilience.

He speaks about applying psychology to leadership and has written three books that provides practical strategies based on scientific research to prevent burnout and enhance performance in organisations.



TAKEAWAYS

1. Increased awareness of how burnout affects both individuals and entire teams, impacting productivity and overall performance.
2. How to recognise the signs of burnout early which is crucial to taking proactive measures to address the issue.
3. The importance of work-life balance and the critical role this plays in preventing burnout and maintaining a healthy work environment.
4. Understanding the relationship between the individual, their role at work, and the organisational culture in addressing and preventing burnout.

WHO IS IT FOR?

This keynote or workshop is tailored for a general business audience, with a focus on leaders and managers.

HOW CAN IT BE DELIVERED?

This topic can be delivered in various formats such as a keynote, full or half-day workshop, or a team away-day or offsite.



Dr Mike Drayton

**Business Psychologist
& Executive Coach**



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