

'Health is not everything, but without health everything is nothing.' - Arthur Schopenhauer



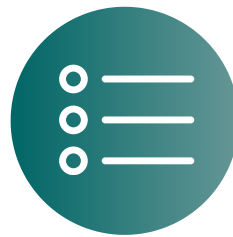
Burnoutberatung für Leader

Recognising stress is a management task



Benefit

- Leaders receive insight information on the topic of stress and burnout
- Leaders have the basics to recognise stress risks in everyday life
- Leaders know what they can do in their leadership role



Content

- Stress model & stress dynamics
- Physical consequences of stress
- Dealing with people at risk of stress at work
- Measures that leaders can take
- Brief analysis of how I feel as a leader in the situation



Target Group

- Managers with personnel management responsibility
- Human resources employees
- Project and programme managers
- Specialist managers with project teams

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Agenda

1. Discussion of the current situation
2. Own worries and fears
3. Consequences of stress and stress dynamics
4. Measures to prevent stress in the professional environment
5. What can managers do?
6. How can leaders protect themselves
7. Concrete measures



Methods

- Checklist 'Risk of stress'
- Brief location analysis for leaders
- Presentation 'Resilience and stress prevention'
- Learning dialogue

Formats

- Online counselling 45 minutes
- Physical counselling 45 minutes

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