

MIND201

Mindful Leadership for Employee Wellbeing



"Leading for Well-Being: Combating Burnout and Fostering Employee Resilience"



In today's fast-paced and demanding work environment, burnout and psychosocial risks have become significant challenges affecting both employees and organisations.

This empowering webinar is designed to equip leaders with the essential tools and strategies to support positive employee well-being and proactively address burnout in the workplace.

Join us in this transformative webinar to discover the art of leading for well-being. Empower your team to thrive in a positive and resilient work environment, where burnout is minimised, and employee well-being is nurtured.

Seminar Overview

- Gain skills to regulate your own nervous system state to support wellbeing
- Learn evidence-based leadership best practices
- Understand what burnout is including signs and precursor conditions
- Deploying burnout prevention interventions, including individual and organisation-wide approaches
- How to apply skilful leadership to maximise workplace wellbeing

Need to send a few people to this seminar?
Register 5 or more seats for \$249 + GST each

Suggested Participants

This webinar is tailored for leaders, managers, and supervisors who wish to create a work environment that prioritises employee well-being and minimises burnout.

Cost

Webinar
\$299 + GST each

Visit our website for upcoming seminars or to
book an in-house session

1300 07 55 11

education@carecfo.com.au

www.carecfo.com.au

