

A FINAL PUSH to the end of the year... Will you make it or are you already **BURNT OUT?**



Are you:

- tired
- disillusioned
- frustrated
- working more & enjoying it less
- constantly fatigued
- sick
- feel depressed
- anxious

Have you:

- lost touch with your purpose & sense of spirituality

If you have said **YES** to any of the above you may be heading for trouble!

You may well be **BURNT OUT** and not make it till the end of the year.



NGO'S / NPO'S / CAREGIVERS:

We highly recommend the **Burnout Workshop** for teams & individuals within these sectors, & we offer a **40% discount** off the Corporate Rate.

Follow us on FACEBOOK:
Woodlands::Conscious Living

We have created a powerful ONE-DAY workshop which will:

- * address the symptoms of burnout
- * introduce you to the rescuing triangle
- * teach you how to create transformation in your life & shift through burnout
- * give you specific breathwork & emotional techniques to deal more effectively with stress

THIS WORKSHOP IS IDEAL FOR:

INDIVIDUALS WHO IDENTIFY WITH SYMPTOMS OF BURNOUT

Our first workshop will be held on 5 November from 10h30 - 17h00
The process takes place at Woodlands.
R350 per person excludes meals & refreshments.

CORPORATES & TEAMS:

Within the context of teams we diversify the programme to meet the needs of individual team members, as well as to address the effectiveness of the team.

Burnout at this point of the year is incredibly prevalent & presents in the following way:

- *Increased tension zones within the environment which may manifest as conflict,
- *Power struggles,
- *Increased staff illness & absence,
- *Decrease in overall productivity & morale,
- *Increase in mistakes & errors been made,
- *General mood of tension,
- *Irritability & frustration, and of course
- *EXHAUSTION.**

Our process takes place onsite our venue & includes all meals of the day.

08h00 - 17h00

R650 per team member.