



# Transforming Burnout to Bliss

Reduce feelings of stress and burnout by understanding your drivers for motivation so that you can restore balance in your day.

**WORKSHOP**  
MH402



This workshop will help you learn how to overcome burnout caused by daily work pressures and move towards a more blissful and balanced life.

## Who is this for?

All staff

## How does it work?

### In-Person

You will be part of an **interactive and engaging workshop** where you explore this topic using a variety of **activities** with an experienced facilitator.

### Virtual

You will be part of an **interactive or informative** session using a variety of **learning tools** to share knowledge and opportunities to ask questions with an experienced facilitator.

## What's included?

After attending this workshop, you will be able to:

- recognise the symptoms of burnout in yourself and others
- identify your drivers for motivation
- understand the areas causing imbalance
- utilise strategies for burnout prevention
- create a plan for reinstating balance into your day.

## How is it delivered?

- In-person (UK only)
- 1.5 hours\*
- Limited to 16 participants\*\*
- Virtually (Global)
- 1 hour\*
- Limited to 25 participants\*\*

\* longer sessions available upon request.

\*\* larger audiences available upon request.

## How do I book?

To discuss your organisation's workshop requirements, please [book a free consultation call](#) or email us directly at [info@amarkagroup.com](mailto:info@amarkagroup.com).