



TRACEY McGRATH
INTERNATIONAL



CREATING WORKPLACES THAT WORK...

Avoiding professional burnout

How to survive today's workplace

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Burnout destroys more careers than incompetence.

Do more, less time, fewer resources, demanding clients, increasing workplace complexity ... stress is now the number one cost for Australian industry.

Amid escalating demands and increasing workloads, is it any wonder that effective strategies for avoiding professional burnout are now mandatory for those who want to survive ... and thrive.

Learn with renowned speaker and psychologist Tracey McGrath where your susceptibilities lie, plus gain positive and practical strategies for avoiding professional burnout.

Outcomes

- ✓ Discover how burnout can destroy a career and why those suffering burnout are often the last to know
- ✓ Diagnose your unique stress indicators: physical, emotional and behavioural
- ✓ Encounter a model for understanding the origin of burnout and what to do about it
- ✓ Learn S.T.R.A.I.N. – the stress reduction framework
- ✓ Identify seven practical stress reduction techniques for use in both your professional and personal lives
- ✓ Laugh and be energised!

Tracey McGrath, a noted conference speaker and consultant, is the author of numerous programs on increasing individual and organisational effectiveness.

Details of further programs are available at www.traceymcgrath.com.au

