

Stop, Reflect, Take Action – Managing High Workloads

Feeling overwhelmed by your workload? You're not alone. This 90-minute interactive webinar is designed to help you pause, reflect, and take meaningful action to manage stress and regain control.

We'll explore how job demands and resources impact your wellbeing, introduce practical strategies to reduce pressure and boost resilience, and guide you through a simple framework - Stop, Reflect, Take Action - to help you reset and move forward.

Whether you're navigating a busy season or just need a moment to regroup, this session will equip you with tools to protect your energy and thrive at work.

Snapshot

Duration: 90 minutes

Learning Outcomes

- Understand how job demands and resources impact wellbeing
- Identify personal stressors and energy drains
- Apply practical strategies to manage workload and recovery
- Reflect on boundaries, purpose, and values
- Take proactive steps to regain control and build resilience

Course Outline

- Understanding Job Demands & Resources
- Practical Strategies for Managing Workload
- Stop, Reflect, Take Action Framework
- Purpose, Growth & Time Management
- Boundaries & Social Connection