

# Focused Recovery – Tools for Managing Burnout

Burnout is more than just feeling tired—it's a signal that our wellbeing needs attention.

In this 60-minute interactive webinar, we'll explore the science of stress and burnout, and what focused recovery really looks like. You'll learn how to identify where you are on the wellbeing continuum, understand the barriers that get in the way of self-care, and discover practical, evidence-based strategies to restore your energy and resilience.

Whether you're feeling overwhelmed or simply want to build better habits, this session will help you take meaningful steps toward sustainable wellbeing.

**Format:** Virtual

**Duration:** 60 minutes.

## Learning Outcomes

- Understand the impact of prolonged stress and burnout
- Identify personal barriers to recovery and wellbeing
- Learn practical, science-backed strategies for daily recovery
- Reflect on your current habits and create a personalised action plan
- Explore the 7 types of rest and how to integrate them into your routine

## Course Outline

- Understanding Wellbeing
- Stress & Burnout
- Mapping Your Profile
- Barriers to Recovery
- Managing High Intensity
- Evidence-Based Strategies
- Types of Rest
- Action Planning