



Understanding and Managing Burnout Better

Description

Burnout is an emotional and physical exhaustion syndrome, which can result from too much stress. In this e-training course, you will learn what the term "burnout" means, and how burnout can occur. What factors contribute significantly to this condition? What are the three stages of burnout? What can you do to stay healthy even under greater stress? And what must be done if burnout has actually occurred?

This e-training course provides clear answers to these questions.

You will learn how to recognize burnout, understand it better, and help to improve the situation by means of external assistance.

Target Audience

Employees and managers who are highly stressed and strained

Employees and managers who have the feeling that they have, or are getting, burnout

Employees and managers who are interested in the topic of burnout and would like to learn more about it

Employees and managers who want to prevent burnout

Employees and managers who have the impression that someone in their environment is suffering from burnout, and would like to know how they can help

Learning Objectives

- Being able to correctly classify the term "burnout"
- Being able to differentiate between the three phases of burnout development
- Knowing the risk factors for burnout; Knowing preventive measures against burnout
- Being able to act correctly in the event of obvious burnout symptoms