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# LEADING THROUGH BURNOUT & FATIGUE

## INTERACTIVE WORKSHOP FOR LEADERSHIP

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Workplace burnout, fatigue and psychological ill health are the most significant issues that organisations and leadership are facing now and over the coming years.

This will impact almost every organisation and the consequences for some will be significant.

Many governments and organisations are now addressing the unintended consequences of sustained chaos management coupled with isolation / hybrid working environments which include:

- Workforce Capacity Constraints, inability to attract and retain talent, isolation requirements or work related mental ill health
- Increase in long term absenteeism, workplace burnout, psychological injury and the emergence of long COVID furthering staff shortages and increasing costs.
- Lower levels of team engagement and connection, due to increased requirement to work from home and introduction of hybrid workplace models.
- Disproportionate time spent by Executive and Senior Leadership on crisis management leaving little for leading, mentoring and supporting new leadership talent.
- Disruption in supply chain driving increased rework, manual workarounds, increased customer complaints and poor employee experience

While many leaders readily identify these challenges as people related risks, few have controls in place to resolve the issues at the pace necessary for the next phase of business growth.

The leading through burnout & fatigue workshop has been designed to address the root causes of fatigue, burnout and psychosocial ill health that leadership and organisations are now facing.

## WORKSHOP PRESENTORS



### Matt Elliott

Matt has spent the past 28 years coaching professional athletes and leadership teams to create high performing and highly functional organisational cultures. Matt explores the practices that enable effective coaches to lead through adversity and inspire them to get the best out of their team. He leverages sports psychology principles to ensure individuals take personal ownership for their success and understand the impact they have on the culture and motivation of their team.



### Dr Ali Walker

A distinguished human connection scientist and bestselling author in human behaviour and group dynamics. Dr Ali Walker addresses the determinants and practical skills for leadership success when team members work remotely and what leadership traits are necessary when team members are fatigued, burnt out and under sustained pressure at work.



### Nam Baldwin

With over 28 years' experience in health, fitness, and wellbeing industries worldwide, Nam specialises in emotional and physiological intelligence and peak performance. He continually explores the achievement of success in high pressure situations. Sought after by elite athletes, teams, and business leaders – his gift is to simplify the complicated science behind brain and body performance.



## OVERVIEW

The Change Room specialise in inspiring people to elevate their wellbeing and make sustainable changes in their immediate environment. Our strength is our ability to provide solutions that are simple to understand and implement and delivered consistently to the highest performing people in sports and business.

You will have unique access to our mentors who train elite sports athletes and business leaders when injury, burnout, remote working, and constant pressure are the norm. We are acutely aware of your workload – this is not about giving you more work to do, but providing you with the skills and resources to enjoy the journey ahead.

The objective of this workshop is to provide leaders and emerging leaders with the root causes of the key workplace challenges that leadership are facing through an interactive workshop. Our team will provide the latest research on how to reduce the impact of burnout, fatigue and psychosocial ill health through practices that improve wellbeing and performance.

This workshop is not an overview of the content, this is a practical workshop that provides the theory and the practical resources for leaders delivered in a format that is interactive and engaging.

By the conclusion of the workshop, leaders will have a strengths based Personal Action Plan to address their specific people risks and an ability to role model contemporary leadership behaviours taken from elite sporting coaches and industry leaders in psychology.

These workshops have limited numbers to ensure a personal approach is taken and an interactive and inspiring learning experience is achieved.

## WHO SHOULD ATTEND

Leaders that have experienced an increase in workload and pressure that want to improve their health and resilience

Leaders that are looking to improve their ability to manage and lead through times of disruption

Leaders looking to understand how to better communicate and engage with their teams through a hybrid working environment

HR and Wellbeing managers looking to understand how to implement better practices across their organisation that improve staff health and resilience



## KEY LEARNING OUTCOMES

At the conclusion participants will have:

- A clear understanding of how to identify burnout and psychological overload for themselves and their team
  - Wellbeing and resilience practices used by athletes and business leadership that counter burnout and fatigue
  - Practices that improve decision making under pressure that also elevate sleep hygiene
  - Understanding of how "YOU" lead best and make those in your charge feel valued and deliver high performance
  - Control of your physical, mental and emotional states to allow YOU to be an inspiring leader.
  - Awareness of how "YOU" connect best with others, allowing quality of relationships to peak.
- The tools to elevate your health and wellbeing and positively impact those you love.

## WORKSHOP FORMAT

The workshop has been designed to be delivered through an interactive in person workshop format across 2 days that enhance participants wellbeing and engagement.

This workshop will also be offered in an interactive online format delivered over 4 half day webinar sessions

[VIEW AGENDA](#)[VIEW PROGRAM LOCATIONS](#)[VIEW PROGRAM PRICING](#)

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