

REVIVE

Self-care techniques to look after yourself and your wellbeing

◆ ABOUT THE COURSE

Self-care is essential for maintaining physical and mental health, reducing burnout and unlocking one's full potential. However, in today's hectic work environment, most of us fail to prioritise it.

This course offers a comprehensive exploration of self-care practices, emphasising their role in stress reduction, resilience building and work-life balance. Participants will learn practical techniques and tips to seamlessly integrate self-care into their daily lives.

◆ SESSION AGENDA

- 01 Understanding Burnout**
Explore what burnout is, how it develops and the signs that it may be affecting you or others.
- 02 Increasing Work Fulfilment**
Discover ways to create greater meaning, motivation and satisfaction in your day-to-day work.
- 03 Managing Workload**
Learn practical approaches for managing demands, protecting your time and reducing overwhelm.
- 04 Supporting Your Wellbeing**
Understand strategies for managing stress, building resilience and maintaining emotional wellbeing at work.
- 05 Rest and Recovery**
Explore the importance of recovery and how to build habits that restore your energy and help prevent burnout.

◆ INTERACTIVE EXERCISES

Job Crafting

Identify what energises and drains you at work, then plan one small change to make your role more fulfilling.

Workload Strategies

Review a range of workload management techniques and choose the ones you will apply to reduce overwhelm and protect your time.

The Enough Conversation

Use the State > Impact > Ask framework to plan a constructive conversation about workload, priorities or capacity.

STOPP in Practice

Apply the STOPP technique to a real or recent stressful situation to respond more calmly and constructively.

Your Go-To Recovery Scene

Create a personalised visualisation that you can return to whenever you need to rest, reset and recover.

◆ LEARNING OUTCOMES

- ◆ Implement proactive strategies to identify and address burnout risks before they start.
- ◆ Gain use of a toolkit of wellbeing practices and self-care strategies to manage stress and prevent burnout.
- ◆ Learn how to prioritise your wellbeing and integrate self-care into your daily routine.

FACILITATED SESSION

This is a facilitated, discussion-led workshop rather than a lecture. Your coach guides the group through practical exercises, encourages open discussion, and creates an engaging environment where participants can share experiences, challenge their thinking and learn from one another.