



Teambuilding to Overcome Burnout in a Do-More-With-Less-Environment

Employees are under more stress than ever before. With organizations making rapid and significant changes, downsizing, and requesting employees to do more work in less time, stress is at an all-time high. With everyone under more stress, burn out and higher levels of tension among staff are common place.

In this workshop, you will focus on reducing stress and burnout by improving relationships with your co-workers and working as a team. Through interactive discussions and hands-on exercises, you will explore personality styles differences, generational differences, and how individual conflict styles affect the way you communicate with others.

HOW YOU WILL BENEFIT

- ★ Use the 'Platinum Rule' to connect and work with others more effectively
- ★ Identify conflict styles and work with other's style to effectively solve disagreements

WHAT YOU WILL COVER

- ★ Center and calm your emotions no matter what the circumstances
- ★ Reduce negativity from others
- ★ Raise your productivity level when you're stressed
- ★ Improve and raise your energy
- ★ Work more productively with different personalities, different generations and the opposite gender



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