



Working Through Change, Burnout & Negativity



This six-hour seminar is designed to help employees turn challenges into opportunities. Change can feel overwhelming, but it also brings growth, innovation, and renewal. This session will guide participants in reframing uncertainty, staying adaptable, and leading through transition with confidence.

Burnout is not inevitable—it's a signal to recalibrate. This seminar provides powerful strategies to restore energy, set, and reconnect with purpose. Instead of feeling drained, participants will learn to sustain motivation and resilience, ensuring long-term success.

Finally, the seminar tackles workplace negativity, offering tools to rise above cynicism and inspire a culture of optimism. Through interactive discussions and actionable strategies, attendees will leave with renewed perspective toward change. More than just coping, this seminar empowers employees to lead through it, creating a positive impact in their work and beyond.

WHO SHOULD ATTEND?

Frontline Employees, Supervisors, Managers, Team Leaders, Secretaries, Administrative Assistants, Receptionists, any person who is experiencing these issues in the workplace

WHAT WE WILL COVER

- ★ Understand the correlation between change and the grieving process.
- ★ How to communicate change effectively.
- ★ Understand your stress habits and how to change them.
- ★ How to prevent negativity from occurring in the first place.
- ★ Learn to identify the symptoms of negativity before it damages your workplace.
- ★ How creating an environment of inclusion versus exclusion reduces negativity.
- ★ The relationship between Change, Burnout and Negativity
- ★ A look at three principles, or natural laws we can apply to change

WHAT YOU WILL TAKE AWAY

- ★ Manage change effectively and turn them into successful results
- ★ Transform traditional thinking habits into innovative thinking to stay ahead of the curve
- ★ Inspire teams and reduce negativity to specifically increase productivity and raise morale
- ★ Implement innovative strategies tailored to your unique team culture using techniques with real-world application.
- ★ Change the way you think and you will change how you feel. Change how you feel and you will change the way you act

Presented by Leader Development Institute
Presenting the most relevant topics in business today.

Southampton, Massachusetts
1-888 VISIT LDi (1-888-474-8534) www.LDiWorld.com