

Burnout Prevention Day

Target Group:

People with (too) many challenges, who want to stay healthy and strong and want to protect themselves from internal and external stress factors.

Goals:

- After the workshop you will know which factors are important in order to maintain a healthy lifestyle – physically and mentally.
- You will be taught the basics of motivation theory as well as stress models including the newest findings concerning brain and neuroscience.
- You will get to know the essential connection between body and mind.
- You will learn which symptoms can occur during the development of a burnout and which stages can be distinguished. This will help you to better estimate how far a burnout is advanced.
- You will analyze your personal situation with the coach and will develop a resource oriented life strategy, which will support you and others in order to stabilize your physical and mental balance. (Work – Life – Balance; time and resource management)

Methods:

Development of a topic according to the needs of the participants. Vivid theoretical input, humour; possibly checklists and small group work.

Coach:

Dipl. Ing., Dr. med. Hans Finder

**Career path:**

I studied bio-chemistry and medicine and I'm currently working as a general practitioner, psychotherapist and coach in my own practice in Salzburg.

Furthermore I'm one of the coaches at "Management College Salzburg".

Qualifications:

- Homotoxicology
- Applied Kinesiology
- Gestalt therapy according to Paul Rebillot
- Zen - Psychotherapy (Baker Roshi)
- Systemic family constellations (Jakob Schneider)
- Systemic structure constellations and SYST seminar organizational structure constellations (Matthias Varga von Kibad and Insa Sparrer)
- Conflict management (Dr. Friedrich Glasl)
- Training as Reteaming-Coach (Wilhelm Geisbauer)

Dates and fees:

Upon request

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www.burnout.net