



Burnout and Boundaries: Setting Yourself up for Leadership Success**



1300 121 400



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0.8 DAY COURSE

Have you ever felt like the pressure to succeed might overwhelm you? This workshop is here to help participants deconstruct the pressures they feel, identify the support they need, and consider how they can create boundaries that enable them to succeed. Using the Lego® Serious Play® method, participants will have the chance to learn about the structures they currently have, and the boundaries they'll need to support their goals.

What You'll Gain:

To meet the demands of modern workplaces and lifestyle pressures, modern leaders and teams require intentional strategies and practical tools. This workshop provides a safe, reflective space for participants to explore ways to strengthen their support networks, identify and set healthy boundaries, and explore activities that restore their energy and focus. By the end of this four-hour session, participants will leave with a deeper knowledge of their own support systems and boundaries, with actionable strategies to protect their mental health, manage stress more effectively, and maintain balance in both their personal and professional lives.

Outcomes

In this course participants will benefit by:

- Learn about risk factors they face in their careers and daily lives.
- Build the supports that exist in their own lives, and the opportunities to build new structures to underpin success.
- Identify potential events in the future that support structures will help them overcome.

Modules

Lesson 1: Introductions

- Session Purpose
- Overview of LEGO® Serious Play®

Lesson 2: Support System Overview

- Build Your Week
- Build Your Support Network



- Skills-Building Warm-Up (Tower building)

- Discussion and Insights Capture

Lesson 3: Boundaries Overview

- Defining Boundaries
- Roleplaying and Scenarios
- Discussion and Insights Capture

Lesson 4: Building Resilience

- Defining Energy and What Gives us Focus
- Build your Happy Place
- Discussion and Insights Capture

Lesson 5: Future Challenges

- Identifying Challenges
- Build Challenges That Will Need Support Systems to Navigate

Lesson 6: Bringing our Horizon Forward

- Getting Through Challenges
- Review of Session and Learning Outcomes
- Final Reflection

Talk to our expert team

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