PROFESSIONAL DEVELOPMENT TRAINING

LEGO® Serious Play® Burnout and Boundaries Workshop**

1300 121 400

REQUEST QUOTE

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.

Over the course of this workshop, participants will use the power of LEGO® Serious Play® to tackle three areas that build resistance to burnout: a strong support network and how this works in relation to everyday routines, how to set clear boundaries and have challenging conversations, and what it means to have a happy place that allows space for life-giving activities.

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 the 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

After completing this course, participants will have learned to:

- Understand support networks and how they can help in difficult and stressful times
- Learn strategies for setting boundaries and having challenging conversations
- Identify life-giving activities that can support mental health
- Discuss upcoming events and how support networks and communicating boundaries can help navigate these challenges

Modules

Lesson 1: Introductions

- Session Purpose
- Overview of LEGO® Serious Play®
- Skills-Building Warm-Up (Tower building)

Lesson 2: Support System Overiew

- Build Your Week
- Build Your Support Network
- 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

Phone: 1300 121 400

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