



# Burnout and Boundaries Workshop



1300 121 400



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0.5 DAY COURSE

In this session, participants will tackle three areas that build resistance to burnout: a strong support network, setting clear boundaries, and having a happy place that represents life-giving activities. Through interactive discussion, reflection, and practical exercises, participants will explore how to strengthen their support networks, set and maintain boundaries, and incorporate life-giving activities into their routines. The session also provides strategies for navigating upcoming challenges with confidence and resilience, helping participants protect their mental health while sustaining their professional effectiveness.

## What You'll Gain:

Teaching and leadership can be demanding, and sustaining wellbeing requires intentional strategies and practical tools. This workshop provides a safe, reflective space for participants to explore ways to strengthen their support networks, set healthy boundaries, and identify activities that restore energy and resilience. By the end of the session, participants will leave 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:

- 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



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## Modules

**Talk to our expert team**

**Phone: 1300 121 400**

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