

Building Resilience - Managing Stress and Preventing Burnout

In this follow-up to the trauma-informed workplaces workshop, the focus shifts towards equipping participants with practical skills to manage stress and mitigate burnout. Together, we explore how trauma, stress, and mental well-being are linked and share practical tools to help cope better.

By teaching effective stress management techniques and strategies for maintaining a healthy work-life balance, employees can not only enhance their own mental and physical health but also improve their productivity and performance. Through this sequel, organisations can further their commitment to creating environments that prioritise mental health and resilience, ultimately fostering healthier and more sustainable workplaces for all.

Topics covered include

- Managing unreal expectations
- Recognising early signs of burnout
- Improving self-image
- Setting boundaries
- Identifying triggers and managing responses
- Self-Care Strategies

How employees and organisations benefit from this workshop

Stressed or burnt-out employees are likely to be less productive and may make more mistakes. By providing training on stress management, organisations can help employees learn how to better manage their workload and maintain their performance levels.

- Employee well-being
- Productivity and performance
- Retention and recruitment
- Cost savings
- Legal and ethical obligations

| Hopscotch Training Fees | |
|--------------------------------------------------------------------|-------------------|
| Particular | Half a Day |
| Online - max 15 participants | |
| VCS | £250.00 |
| Statutory Bodies | £300.00 |
| Corporates | £500.00 |
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| In person - max 15 participants (excluding travel expenses) | |
| VCS | £400.00 |
| Statutory Bodies | £500.00 |
| Corporates | £600.00 |