

9<sup>th</sup> May. 2019

18<sup>00</sup> – 20<sup>30</sup>

Location tbd.



**Demystifying burnout:  
Identifying burnout and how to  
counteract its effects**



Project Management Institute  
SWITZERLAND Chapter

## DEMYSTIFYING BURNOUT

### Identifying burnout and how to counteract its effects

**How do we know if we personally, or someone we know is burning out and what can we do about it?**

Ever wondered

- What is burnout?
- What are the stages of burnout?
- Who does it affect?

Exploring burnout as a catalyst for change, the aim of this interactive talk is to identify and demystify burnout. We start by exploring what burnout is, who it affects and how we can identify it. Following this, we are introduced to some of the prevention tools and strategies Dina personally applies in her own life and implements in group training and workshops.

The goal of this evening's interactive talk is to ensure that everyone leaves with a key take-away, small yet significant tools and strategies which can be applied to our own lives, within our teams and with friends and family.

#### About our speaker - Dina Blanco-Ioannou

Dina, is a Transformational Speaker, Educator, Teacher, Trainer and Coach. Having personally trained with Jack Canfield, she is both a Certified Trainer in the Success Principles and the Canfield Methodology.

#### Program

Doors open	18:00
Welcome	18:30
Workshop (90 min)	18:45
Apéro	20:15

Language: English

PDU: 2

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**More info and registration:** [www.pmi-switzerland.ch/events](http://www.pmi-switzerland.ch/events)

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