



Capacity Building and Preventing Burnout

Presented by the Department of Psychology, University of Pretoria

The short course in **Capacity Building and Preventing Burnout** is a course that has been specially developed to prevent you from entering into the different phases of burnout. The one-day course provides you with a better understanding of the causes and stressors, as well as the nature of stress. During the course you will gain skills that will empower you to move away from the different phases of burnout by not only befriending the stress phenomenon, but to also improve the available coping mechanisms to build psycho-physical and social capacity. This course is aimed at people in the different phases of burnout, being mild-, moderate- and severe burnout.

Course content

- The burnout phenomenon
- Phases of burnout
- Causes of stress
- The nature of stress
- The overload principle
- Super recovery
- Principles of balance
- Psychological principles and skills
- Mindfulness
- Capacity building
 - The mental bank account
 - The emotional bank account
 - The physical bank account
- Total well-being

Learning outcomes

After successfully completing this course, you should be able to

- prevent burnout and develop the ability to move away from burnout
- understand of the nature of stress and burnout
- build capacity in psycho-physical bank accounts
- to handle high pressure situations and still maintain optimal performance
- improve balance in life and develop a deeper understanding of high performance and well-being
- apply the practical guidelines and skills to maintain capacity.

Who should enrol?

This course is ideal for managers in the corporate sector and teams that have to maintain high performance under tremendous pressures and even adverse conditions.

Course fees

R2 000.00 per delegate (VAT incl.)

Course fees include all course material, refreshments and other materials.

Course fees must be paid in full 14 days prior to course start dates. Proof of payment can be submitted to enrolments@enterprises.up.ac.za.

Accreditation and certification

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Registration and enquiries

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Shifting knowledge to insight

