

Building Resilience & Preventing Burnout

1 Week Experience

In an environment of perpetual change and volatility, maintaining performance is critically dependent upon the ability to recover quickly from the unexpected. Without a thorough strategy to develop and maintain resilience, leaders are at a far greater risk of burnout.

This 1-week experience featuring Dr. Srin Pillay introduces a variety of easy-to-implement strategies for developing resilience and avoiding burnout at work. Participants will identify opportunities to enhance their resilience and then select and plan to implement specific techniques that will help them build their capacity to respond quickly and effectively to any challenge.

Estimated Time Commitment: 2.5–3 hours

Faculty Video Lectures: 30 Minutes

Create Action Plan: 75–90 Minutes

Interactive Activities: 45–60 Minutes

Key Learnings

- Refueling for Greater Resilience
- Resetting Your Relationship with Worry
- Expressing Yourself to Protect Yourself
- Dealing with Mixed Emotions
- Acting to Prevent Burnout

Assignment Details: Create an Action Plan

- Identify Potential Threats to Resilience
- Plan and Implement Your Intervention
- Reflect and Consider What's Next

Faculty Director: Dr. Srin Pillay



SRINI PILLAY

Dr. Srin Pillay is the CEO of NeuroBusiness Group, a company that specializes in developing transformational leaders and has been voted one of the Top 20 “movers and shakers” in leadership development in the world by Training Industry. He is an internationally recognized expert in applied brain science and human behavior.