

Our Leadership and Inclusion Collective
proudly Presents

Experiences and Strategies to Prevent, Manage and Recover from Burnout.

Melbourne Monday 29 April
9.30am - 2.00pm



Sarah Gibbins
Tamara Seif
Veema Mooniapah
Roman Ružbacký



\$498 per ticket



Photo by Karolina Grabowska: <https://www.pexels.com/photo/a-tired-woman-in-gray-long-sleeves-resting-while-sitting-on-a-chair-5240046/>

About this session

Burnout is an ever-present reality for many professionals and a high possibility for those working in leadership roles as well as those working in professions related to health and wellbeing, advocacy, Diversity, Equity, and Inclusion and HR.

Certain professions are known to be more prone to burnout including medical professionals, caregivers, teachers, creative professionals, and emergency service workers. These roles demand high levels of skill, focus, personal engagement, and deep emotional investment. The prevalence of burnout has become a huge health and wellbeing concern.

This program is for

- Organisations to support and equip staff to recognise, understand symptoms and causes and manage through burnout and after burnout.
- Leaders who value self-care and care for their teams.
- Managers of Health and Wellbeing.
- Diversity, Equity, Inclusion and Belonging and Human Resources professionals.
- Community workers - including health care, aged care, emergency services, NDIS/Aged Care, RTO's WHS regulators, mentees.

You are warmly welcomed to join us for an Interactive 3.5hr workshop

- With four facilitators sharing their unique experiences, insights and perspectives.
- In an Experiential and Safe learning group environment
- Providing strategies, models and frameworks to use in your practice

What to expect

Recently there has been a growing sense and challenge in organisations and generally in people making sense of an overwhelm of global and national data and research on health and wellbeing. We are here to unpack some of the myths with you and take you on a journey with us so we can open up avenues to sharing and learning together.

We know that this space attracts passionate people with huge energy levels but often with large expectations and precious time or the genuine 'know how' of self-care and managing emotions and high emotional loads.

Our collective passion, evidence-based expertise and longevity in our field - combined with intersectional and intergenerational approach and understanding of the challenges that come for everyone when it comes to this topic.

Be prepared for a 3.5 hour activity-led live workshop as the four of us cover a range of topics that will give you some aha moments, and some unique and different ways we have started to learn ourselves of what life may look and feel like during and after Burnout.

Topics you can expect to hear about

1. Burnout - what do we mean when we say we feel exhausted we feel highly overwhelmed and stuck?
2. What does Burnout look and feels like? Burnout from a gender lens. Burnout in the context of DEI & Leadership Practice
3. Some likely causes - trauma, caring too much, workloads, expectations, negative self-programming, being overwhelmed or simply being a perfectionist?
4. The socialisation of 'hard work' and work ethic, the myth of perfect - how there is not much support for rest or balance in this modern world.
5. Personal safety measures and signs to look out for including cultural and emotional load, psychological, negative self-programming, intergenerational, resistance, highly sensitive and expectations.
6. What tools do you use to manage prevention of burnout or post burnout? Such as Setting boundaries, resilience, tenacity, determination, personal growth, reinvention, healing, "seek your tribe".
7. Wellbeing goals and frameworks, burnout growth curve, mental health mastery, effort recovery model.
8. Some techniques to anticipate and prevent burnout and build greater resilience, taking your power back and practice Love Healing, Radical Humility and Kindness!

Who Are We?

Sarah Gibbins

is a career strategist, executive mindset coach + speaker who helps burnt out, high achieving women step out of the hustle and overwhelm once and for all, so they can live a life of purpose, balance, fulfilment + impact. As a (recovering) perfectionist and people pleaser, Sarah knows first-hand the impacts on mind, body and soul of burn out. She is degree qualified, an IF accredited life coach with over 20 years experience in corporate leadership, facilitation and coaching.
<https://www.linkedin.com/in/sarahgibbins/>

Roman Ruzbacky

is an experienced diversity, equity and inclusion leader and practitioner and analytical chemist, with over 25 years of knowledge, skills and experience in the design and implementation of DEI programs of work that create happy and productive workplaces.

Being highly energetic, curious and passionate about DEI, having longevity after complete burnout, required techniques to be myself more skilfully, embedding self-care, setting boundaries whilst having empathy and understanding of other's burnout experience, without losing intensity of effort.

<https://www.romanruzbacky.com.au/>

Veema Mooniapah

is a published writer, "Undefeated" – 90 professional migrant women, 118 stories. Storyteller. Speaker. Policy and strategy advisor – Everything Intersectional. Lived Experience. Mentor. Award nominee - Inaugural Women in Community Life Award & 2018/2019 and Global Pluralism Award in recognition of achievements in the field of diversity. Volunteer advisor to agencies on DEI Strategy and Community Resilience in Emergency/Disaster Management via Multicultural Emergency

Management Partnership (MEMP) which is Winner of the 2022 Victorian Resilient Australia Award and the National Resilient Australia Award).

<https://www.linkedin.com/in/veema-mooniapah-88390737/>

Tamara Seif

is a seasoned HR Leadership and DEI Wellbeing practitioner with background in Organisational Psychology who, like her colleagues, has deep lived experience of Burnout and understands the importance of holistic and integrated approach to wellness and wellbeing at work. Tamara works at the Nexus of DEI and takes pride in supporting organisations and leaders to dismantle systemic inequities and strengthening their understanding in the importance of looking after the human capital.

Tamara is a prolific social justice and Gender Equity advocate and a long-standing DEI and HR management Consultant, researcher and ally. She is a highly experienced HR Leadership Consultant & Workplace Wellbeing Coach, with an international portfolio and a background in Organisational Psychology and Employee Assistance Counselling. She holds an MSc in Business Psychology from City University Business School London and is also a certified Life Coach, Workplace Mediator with AHRI and CIPD certification.

She brings a highly empathetic, client-centric, evidence-based and outcome-focused approach to her work and when not at work loves getting into nature and practising Yoga and Mindfulness.

<https://gravitasconsulting.squarespace.com/>

Booking for this event

Date: Monday 29 April 2024

Time: 9.30am - 2.00pm

Format: In person event

Cost: \$498 per individual

If you are a student and would like to learn about how to prepare for a long and healthy career, please contact us for a discount rates.

Email: aprice_bcd@mac.com

Link: <https://events.humanitix.com/experiences-and-strategies-to-prevent-manage-and-recover-from-burnout>

