



@ASK Training
Attitude | Skills | Knowledge

Stop Burning-out and Start Settling with Passion (Job Burn-out)

Course Code:

ASKSSP

Course Duration:

1 day (8 hours), 9.00am - 5.00pm

Course Fee:

\$600 (\$654 Inc. 9% GST) per participant

Course Venue:

Hotel

Course Dates:

<https://asktraining.com.sg/course-schedule/>



Course Synopsis

Have you ever feeling tired and drained most of the time?
Loss of motivation and feeling trapped and defeated?

These could be the signs of burnout. This workshop investigates the causes and effects of burnout and demonstrates how we could “re-program” our mindset to have passion to drive out this negative feeling.

Let’s learn how to develop passion for work, inject positivity into your mind whereby you will never feel burnout again.

Course Objectives

By the end of the course, participants would be able to:

- Recognise the causes and effects of burnout
- Enable you to identify what situations caused your burnout
- Proactively taking action to prevent burnout
- Developing passion to supersede burnout

Course Outline

- Defining job burnout and how it affects us
- Tell-tale signs that you're burning out & the causes of burnout
- Managing your life and everybody and everything that is relevant
- Any issues with salary and finance?
- Managing stress at work
- Understanding & avoiding your other problems
- What are your expectation of job and expectation in Life?
- Injecting positive energy and developing passion in work
- The process of re-programming yourself
- Last resolute: Are you ready? Are you prepared to make changes?