



LAKESIDE PARTNERS



THE UNIVERSITY OF
BUCKINGHAM

SHORT COURSE • UNIVERSITY OF BUCKINGHAM & CPD ACCREDITED

Short Course: 'Beat Burnout, Optimise Wellness'

A CPD-certified, University of Buckingham-accredited Executive Short Course, delivered as a 3-hour live session. Includes complementary online materials that team members can follow at their own pace (video, fact sheet, quiz-based).

This 3-hour workshop is ideal for managers, executives, HR professionals, teams & all employees who are focused on building a wellness-centred, burnout-proof corporate culture. Identify how to measure wellness & burnout, recognise symptoms of stress, and manage out burnout threats.

The course includes:

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- How to define & recognise wellness, stress & burnout
 - The financial & human cost of chronic stress & burnout
 - How to measure burnout & wellness
 - How to manage personal & workplace burnout triggers & how to identify causes of chronic stress
 - Discover how burnt-out managers are more likely to burn out their teams (making self-care a priority)
 - The dangers of conflating burnout & wellness approaches, & which approaches actually work
 - How to develop a Performance & Stress Management system that really works
 - Identify individual stress signatures across your team
 - Identify pragmatic and helpful science-backed interventions that carry value for employees on a personal & professional level.
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Why Choose This Executive Coaching Course?

- **CPD accredited:** Earn 3 CPD (Continuous Professional Development) points for participation in this training.
 - **University-accredited:** The training is fully accredited by the University of Buckingham as an Executive Short Course, which underscores its high level of quality.
 - **Backed by published research and experience:** Learn how to integrate the research on wellness, fitness, stress & burnout into your daily life in pragmatic, effective ways.
 - **Genuinely personalised:** This is not a generic webinar. It offers real coaching, tailored to your role, pressures, and goals, with insight gained from personalised questionnaires and feedback.
 - **Flexible delivery:** join virtually from anywhere in the world, or book a face-to-face session. The live 3-hour workshop is supported by online self-guided learning, videos, factsheets & quizzes to help consolidate and build on what you have learnt.
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What Is Included

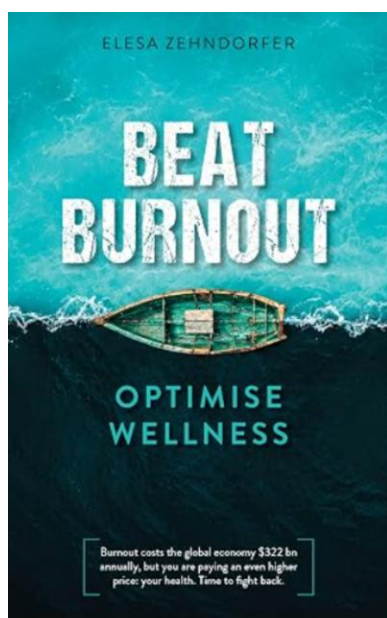
- One 3-hour live workshop (3 CPD points)
- Supplementary materials designed to consolidate workshop learning
- A CPD certificate on completion
- A University of Buckingham Executive Short Course certificate
- Metrics to allow you to measure your wellness, stress & burnout levels
- A discounted copy of the companion book to this course, for all attendees, if requested (Beat Burnout, Optimise Wellness: Legend Press). The book offers a really in depth explanation of everything you will learn on the 1-on-1 coaching course.
- Practical tools and a personal action plan you and your team can apply immediately to protect wellness levels, optimise performance, manage and reverse stress and safeguard against burnout.

Pricing:

Small cohort and large group pricing is specified below. IF you would like to discuss bespoke pricing options, please get in touch.

Small cohort (virtual)	6 people × €180	€1,080
Large group (virtual)	flat rate, ~20 people	€2,000

Interested in finding out more?



‘Beat Burnout, Optimise Wellness’ (Legend Press)

Contact us to organise an organisational discount for your team.

This book offers a deep dive into everything that is covered on the coaching course.

Find out more about definitions of wellness, burnout and stress, the science of stress, your personal stress signature, personal triggers, workplace triggers, and a comprehensive overview of how to push back and break the stress cycle. Includes a chapter idea

Recent review: “From lab bench to boardroom — the evidence on stress and burnout, turned into actionable strategies for lasting resilience. Learn to read your body’s early warning signs, and use science-backed strategies — sleep, fitness, recovery and workplace design — to protect performance and prevent burnout”.

- Dr. Vanessa Johnen, executive & neuroscientist

Ready to get started, or have questions?

Simply contact me, Dr. Elesha Zehndorfer, at: elesha@lakesidepartners.org for more details, including bespoke pricing options.
