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MENU for **WELLBEING**

or **RECIPE** for **BURNOUT?**



GILL CARRIE

SEMINAR
WEBINAR
WORKSHOP
TOOLKIT

HELLO & WELCOME

I'm Gill Carrie, the founder practitioner at The**HolisticFIT** Centre for Practitioner Health & Wellbeing.

At The**HolisticFIT**, we support Practitioner Health & Wellbeing in Person-Centred Practice.

With practitioner health & wellbeing becoming even more challenged, the centre aims to support practitioners in strengthening and maintaining their health & wellbeing.

We blend holistic leadership and lifestyle management with natural, proven and certified methodologies to deliver measurable results and healthy, sustainable personal and organisational shifts.

The following is an insight into '**A Menu for Wellbeing or Recipe for Burnout**' delivered as a Seminar, Webinar or Workshop - with a supportive Toolkit.

Enjoy this insight and for further discussion, attached is our Project Proposal as a focus sheet and feel free to reach out if I may expand further on also.

Thank you and Healthy Blessings,
gill

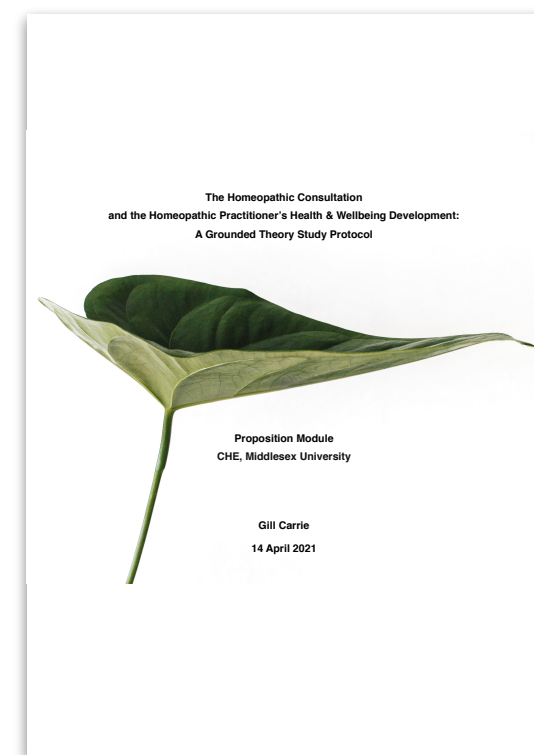
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THE RESEARCH: INDIVIDUAL BURNOUT

'The individuality of the practitioner (Khun and Flanagan 2017), their individual burnout effects (Azam et al. 2017) and their wellbeing, being multi-dimensional and incorporating their working environment (Khun and Flanagan 2017), creates different effects (Azam et al. 2017) and outcomes for self-care and practice interventions, implementation and advancement (Khun and Flanagan 2017; Azam et al. 2017; Schrijver 2016; West et al. 2018). This is still such an untapped area of strength and development for the healthcare practitioner.'

Gill Carrie, 2021



THE RESEARCH: TOLERATING BURNOUT

'If we are still tolerating burnout (Schrijver 2016), identifying it only as a work-related syndrome (West et al. 2018) and it's still remaining "under-reported and under-recognized" (Lacy and Chan 2018) then tailoring an approach for practitioner fulfilment and wellbeing (Schrijver 2016), 'understanding self' and the interconnectedness of the patient and practitioner experience (Eyles et al. 2012), implementing leadership and practitioner wellbeing organisational strategies (Shanafelt and Noseworthy 2017) brings us to the importance of this study.'

Gill Carrie, 2021

TESTIMONIAL

Menu for Wellbeing or Recipe for Burnout

'As CEO of the leadership enablement firm [ManagementEQ.com](https://www.ManagementEQ.com), I engaged Gill Carrie to deliver a corporate workshop to a group of professional managers.

Her expertise and insight into the dynamics of stress and the proactive management of wellbeing and its importance for professional managers, was very well received by the group and highly pertinent to their needs. I would definitely recommend her workshop to other businesses and institutions.'

Seán Weafer, CEO, Dublin

[gillcarrie.com](https://www.gillcarrie.com)

The image shows two overlapping presentation slides. The top slide is a 'Course Overview' for ManagementEQ, featuring a background image of three business professionals in a meeting. The bottom slide is for 'Module 6: A Menu for Wellbeing or A Recipe for Burnout', presented by Gill Carrie. It includes a bio for Gill Carrie and contact information for Sean Weafer, CEO of ManagementEQ.

MANAGEMENTEQ
Course Overview

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MANAGEMENTEQ

Module 6: A Menu for Wellbeing or A Recipe for Burnout?

NOVEMBER 30TH 2022

Presented by: Gill Carrie

By identifying the six areas that contribute to leadership burnout, in this module Gill will help you to actively identify any gaps in creating optimal states of wellbeing, health and productivity for you and your team.

She will introduce you to a menu of tools and techniques to allow you to get the best out of you and your team's busy day, helping you to reduce team stressors and maximise wellbeing.

 An entrepreneur and educator at the very young age of 19 - Gill's people, business and educational skills were honed locally, nationally and globally over her 40 years of experience in industry, business and education with major organisations, companies and brands and she was one of the early recipients of the UK's Investors in People Award for her own company. Gill is the Creative Head of The Leaders Centre and her holistic approach to health and wellbeing dynamics for individuals, teams, leaders and organisations brings enjoyable and empowering insights, tips and takeaways.

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HOW TO ...

- **ASSESS BURNOUT**
- **DIFFERENTIATE STRESS**
- **NURTURE WELLBEING**

BURNOUT

WE LOOK at ...

THE FUTURE of **BURNOUT!**

THE **COSTS** ...



- **INDIVIDUAL**
- **INTERPERSONAL**
- **ORGANISATIONAL**

and **HOW TO** ASSESS BURNOUT with a **RECIPE** of ...



THE 6 INGREDIENTS
The 'WHAT' of BURNOUT



THE 3 MEASUREMENTS
The 'LEVEL' of BURNOUT



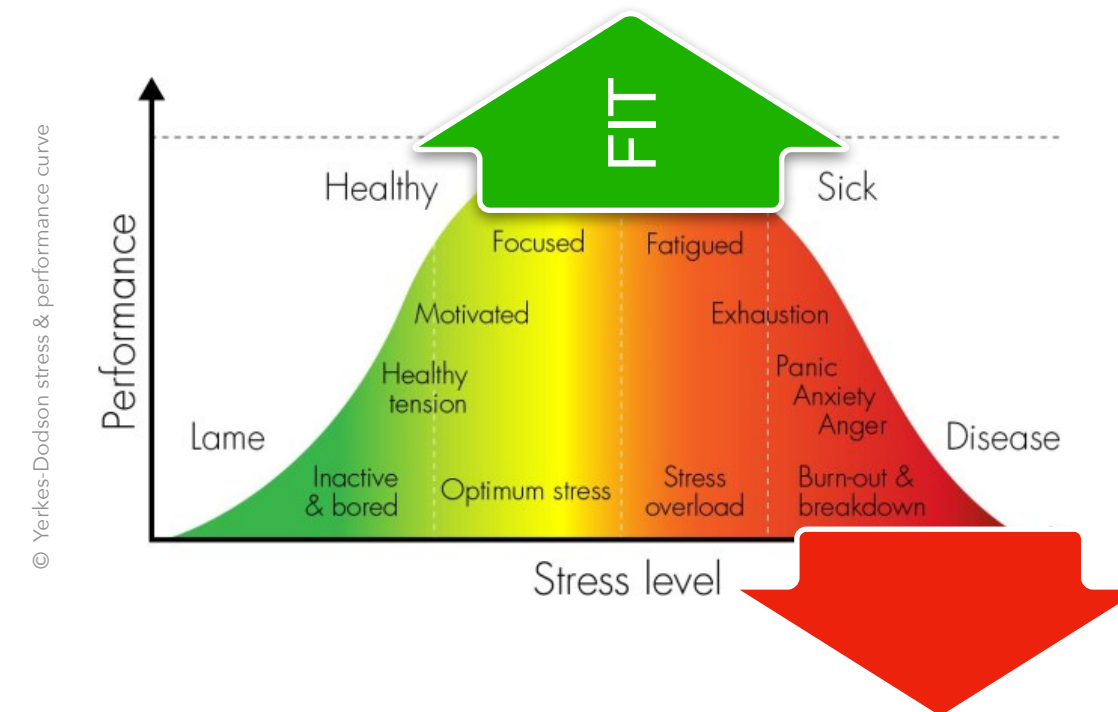
THE 1 RECIPE
The 'TOOLKIT' for BURNOUT

WE EXPLORE ... THE SIDES of STRESS

THE COSTS + BENEFITS ...

- INDIVIDUAL
- INTERPERSONAL
- ORGANISATIONAL

and HOW TO DIFFERENTIATE STRESS with ...



THE 6 'WORKPLACE' STRESSORS
The 'WHAT' of WORKPLACE STRESS

THE STRESS & PERFORMANCE CURVE
The 'LEVEL' of STRESS

UNDERSTANDING SELF →
The 'TOOLKIT' for STRESS

WHAT is ...

THE FUTURE of **WELLBEING?**

THE **BENEFITS** ...



- UNDERSTANDING SELF
- INTERCONNECTEDNESS
- ORGANISATIONAL STRATEGIES

HOW to **NURTURE WELLBEING** with a **MENU** of ...



THE 6 APPETISERS
The 'WHAT' of WELLBEING



THE 3 QUICK BITES
The 'LEVEL' of WELLBEING



THE 1 TAKEAWAY MENU
The 'TOOLKIT' for WELLBEING

WELLBEING

Project Proposal
for
Further Discussion

TheHolisticFIT



Project Proposal for Discussion

Focus:

Research:

Discussion:

Objective:

Goals:

Key Topics, Related Concepts, Commitment, Challenges/CIA, Outcome, Timeline

Solution:

Project Outline:

Investment:

Context of Value, Impact, Results, Outcome/ROI, Future, Contrast of Scale

Sponsorship:

gillcarrie.com