

WHEN: 25th of June 2015

10 a.m. to 6 p.m.

WHERE: GreekHouse

7 Dragoumi Str.,

14561 Kifisia

(25 meters from Kifisia train station)

INVESTMENT:

- Early bird rate until 15th of June - 400 euros
- Until 24th of June - 440 euros
- You may also benefit from OAED fund (LAEK 0.45)

*Special Fee for individuals (contact us)

BOOKING: T: 210 801 4279

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E-mail: info@fractality.gr

PAYMENT METHOD:

Via Bank Account

EUROBANK IBAN:

Fractality

GR2802603920000290200037713

Who should attend?

This workshop is intended for Individuals, Employees, Coaches, Consultants, Managers, Team Leaders and HR professionals.

The Workshop will take place both in English and Greek language.

Facilitators



Dr Markos Perrakis is a Psychologist, specialized in human capital

development and training for more than 15 years with international experience. He is scientific partner of EUMU (European Union of SMEs), iOpener institute – Oxford UK and representative of ANSE (Association of national organizations for supervision in Europe) in Greece



Carole De Bruyn is a Holistic Motivational Coach, PCC level

accredited from the International Coach Federation. Her experience combines practical understanding of real world business performance with a proven record in assisting individuals and teams to reach their full potential.

Cool Down the Fire within

1Day Burnout prevention workshop

The Well-Being of your people is responsible for the performance of your teams and subsequently the satisfaction of your clients. Thus, preventing Burnout is one of the major challenge for each organization.

Burnout, the disease of the century, is a widespread phenomenon and is considered a symptom of a societal profound change.

Burnout could be everybody's story

Burnout is an insidious phenomenon that combines the work stress situations (customer requirement, the organization of pressure, job insecurity, relational difficulties ...) and individual response to stress (need for recognition, perfectionism ...).

The consequences of Burnout are very important: collective and organizational demotivation, loss of efficiency, individual suffering and work climate weakened, absenteeism...

These are very good reasons for your organization to equip your employees with fresh and efficient technics, preventing them from Burnout and maintaining their well-being.

- Are your people **ENERGIZED** at work?
- Are your people **CREATIVE** at work?
- Are your people **HAPPY** at work?
- Are your people **OPTIMISTIC** at work?

Taking benefit of the latest discoveries of Neuroscience, it has been identified the mental zone that can literally change the brain to quiet an overly active stress response system and simultaneously pave the way for higher brain networks to perform at optimum. The more people function from this mental zone, the less they stress, and the more their brain lights up with the mix of intelligence that predicts an **ECHO©** life.

How do we act?

Through instant learning and integration, we ensure that our workshop participants have the most specific tools to refill and reenergized themselves during their next vacations. Our team assists individuals and organizations by operating on three levels: individual, relational, systemic and using cognitive spheres, bodily and emotional with **simple, easy and quick steps**.

Key learning:

In just a day, participants will discover and integrate through practical modules the ins and outs of the burn out:

- A practical brain based approach model including definition, symptoms, triggers and prevention modes (warning signs of burnout, self-awareness and proactive prevention).
- Understand the differences between stress and burnout
- Tips to calm and harmonize the body and the mind like the 5 to 10 minute exercise to center the Self.
- Presentation of the ECHO© scan measuring the energy/stress level of individual's
- Personalised Burnout Prevention Plan



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