



The Stress, Burnout and Productivity Workshop: Unique and Effective Team Building with a Difference

Experience a unique combination of Mindfulness, Authentic Self-Empowerment® and Neuro-Linguistic Programming (NLP). Learn and apply what neuroscience says about ways to make the mind work better.

According to recent studies, burnout occurs in a large proportion of employees, as high as 30-60%. Symptoms of burnout include irritability, anxiety and depression, loss of productivity, impaired creativity, days off work, and low morale in the work place.

The workshop activities are *unique and diverse* and grounded in the *latest behavioural and transpersonal research*:

- Frame of reference exercises utilize easy walking, movement and mindfulness for new interpersonal perspectives and an enhanced team culture of understanding
- Practice with simple and effective mindfulness techniques that can be applied quickly and easily in real life situations
- Guided visualization sessions expand the mind, stimulate creativity and increase focus
- Reference to latest neuroscience research on how mind works and what it all means

The processes you will experience and learn are *fun, simple, effective, rejuvenating, motivating, creative, relaxing, mind expanding, meaningful and purpose building* all at once.

Research has conclusively proven that mindfulness based approaches can significantly reduce stress, improve resilience and combat burnout.

Not only that, they *build rapport* within a team in ways conventional cognitive based techniques can't.

How it works

This workshop is highly flexible. For a full experience, the 2 day dedicated workshop is recommended, but it can also be adapted to fold into other team building activities, meetings or workshops. It can be facilitated at the client's venue, or a venue can be arranged.



About the facilitator

Dr. Hennie Geldenhuys (www.innerheal.co.za) is a medical doctor and researcher with extensive training and experience in diverse fields including Mindfulness, Authentic Self-Empowerment, Neuro-Linguistic Programming (NLP), transpersonal coaching and hypnotherapy. He is a practising Integrated Health Practitioner and works with individual clients & groups.

