Lunch and Learn **SOLD OUT** Boost Productivity - Avoid Burnout

12:30 - 13:30 | 06/02/2025 | Jersey Business, 31 The Parade, St Helier



Join Our Lunch and Learn: Thrive, Don't Just Survive!

Are you feeling overwhelmed by workplace stress? Do you find yourself constantly battling burnout? You're not alone. Join our Lunch and Learn delivered by Julie Luscombe and discover how to manage stress, support your colleagues, and enhance your productivity without sacrificing your well-being.

What You'll Learn:

- **Understanding Burnout:** Learn about the impact of burnout on mental and physical health, and how it affects productivity.
- **Evidence-Based Strategies:** Discover practical strategies to prevent and reduce burnout, backed by the latest research.
- **Personal and Organisational Solutions:** Explore how both

individual actions and organisational changes can create a healthier work environment.

- **Boundary Management:** Develop effective boundary strategies to balance work and personal life, including phone usage and digital minimalism.
- **Self-Care Techniques:** Find out how to prioritize self-care and make time for what truly matters in your life.

Why It Matters: Burnout is more than just feeling tired—it's a serious issue that can lead to depression, insomnia, and even physical health problems like heart disease. Our Productivity Circle provides the tools and support you need to thrive in your career while maintaining your mental and physical health.

Who Should Join:

- Professionals experiencing high levels of stress and pressure.
- Managers looking to support their teams and create a positive work culture.
- Anyone interested in improving their productivity and well-being.

Join Us Today: Don't wait until burnout takes a toll on your life. Sign up for our Lunch and Learn and start your journey towards a healthier, more productive you. Together, we can create a work environment where everyone can flourish.

Light lunch will be provided.

SOLD OUT