



From Burnout to Balance in the Workplace

For business leaders struggling with the pressures of delivering new programs for their women's communities while managing their own job demands—this workshop is for you.

Why This Matters

Workplace burnout is widespread. It's especially common among high-achieving women and adversely impacts productivity, job satisfaction, and overall organizational health.

Why Choose This Workshop?

This 1-hour experiential workshop is a unique approach to tackling burnout, offering sensible solutions to blend productivity and creativity. It's not just another seminar but an experience that equips your group with:

Compelling Ways to Improve Workplace Well-Being. These simple strategies and easy-to-use techniques to reduce stress and prevent burnout and boost personal well-being are ready to apply right away.

New Leadership Ideas. Discover how to combine ambition with well-being, using strength and compassion in you and your group's leadership.

The Seeds of Cultural Change. Plant the seeds that help your attendees shift toward an organizational culture that values productivity and genuine connection.

Ready to Make a Change?

Don't just talk about burnout—take action to help your group thrive in an impactful and sustainable way. Let's discuss making this workshop a key part of your next event.

Book a call or send an email to hello@sparkpathguidance.com