



# BURN OUT PREVENTION AND SUPPORT

## Leading Burn Out focus groups

What matters is not what happens to us, but what we do with what happens to us...

Loss of meaning, fatigue or guilt are among the characteristics of people who burn out. Being aware that others are in the **same situation**, **exchanging perspectives** in complete transparency and neutrality allows you to step back from your own situation. The objective is not to complain but to **understand and transform what is happening** to us. The **power of the group's presence**, in **uncompromising benevolence**, is a **lever** that allows us to **bounce back** from this experience.

### Your needs:

- Understand what is happening to you,
- Share what you are experiencing in complete confidentiality and in a caring context,
- Get started to reconnect with yourself,
- Prepare to return to work,
- Avoid the risk of relapse.

### Our offer:



#### NEED WORKSHOP

You are HR manager or manager and you want to set up a discussion group around burn out.

During this 2-hour workshop, we will clarify your **needs** and highlight the **associated issues** through a systemic approach.

The Needs workshop can be followed by the "Opening Path".



#### OPENING PATH

This group course for 5 to 15 people takes place over 5 to 10 sessions of 3 hours each, spaced 3 to 4 weeks apart.

It is structured around 3 main axes:

**Exploring what is happening to you:** your current state from an external viewpoint (your professional and family environment) and internal viewpoint

(your feelings, perceptions, physical health).

The **exploration of the mental schemas and modes of functioning that led you to burn out**, thanks to various approaches (your shadow parts, your life scenario...)

The **exploration of what emerges for you**, by reconnecting to who you are at a deep level. We will consider the options you are looking for and that are available to you, in order to prepare for the return to work.

Around exchanges, it will be based on individual and collective exercises based on Ken Wilber's integral approach, transactional analysis (life scenario), the Jungian approach (Shadow parts, personal unconscious, synchronicities), systemic constellations...

### To go further:

- Book [Le burn out, une opportunité de transformation intérieure, L'Harmattan, 2019](#), (*Burn out, an opportunity for inner transformation*)
- Inspiring conferences