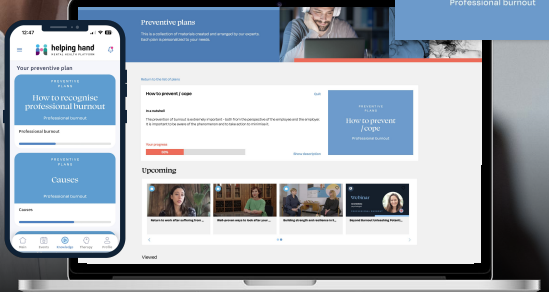


Helping Hand Preventive plan

Professional Burnout



Start with that:



VIDEO
Who is who - psychiatrist, psychologist, psychotherapist?



VIDEO
Psychoeducation - what is it and what is it for?

Preventive plan Professional Burnout

1 Causes



VIDEO
Workaholism - when work becomes an addiction



ARTICLE
Burnout - the trap of perfectionism



ARTICLE
Workaholism - a simple way to reach the point of burnout

START



2

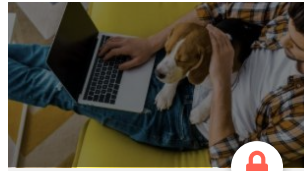
How to recognize



VIDEO
What could concern us?



VIDEO
Professional burnout - causes and consequences



ARTICLE
Am I suffering from burnout?

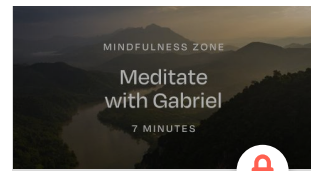
3 How to prevent



VIDEO
A team that doesn't burn out - conscious management



PODCAST
Self care is about taking care of your mind and body



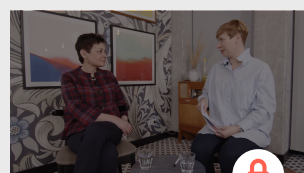
MINDFULNESS
Meditate with Gabriel

and much more

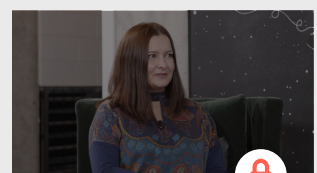
PREVENTIVE PLAN For manager



VIDEO
Prevention of professional burnout



VIDEO
Psychological safety



VIDEO
When professional burnout threatens HR

START



and much more

