

FLOURISHING LIVES: PREVENTING BURNOUT THROUGH SELF-CARE



The work of healthcare professionals is often physically, mentally, and emotionally challenging. Often times, while caring for others, we neglect to care for ourselves.

Learning objectives

- ❖ Recognise signs of burnout
- ❖ To improve and maintain personal well-being and strengthen relationships through Positive Psychology
- ❖ Sleep hygiene and other relaxation techniques

Who should join ?

This workshop is suitable for all healthcare providers or administrative staff in the healthcare sector who are interested in learning ways to prevent burnout.

Click Here to Register!

For more information on the programme, please contact,

PsyMed Academy Secretariat
Tel: 6936 5066
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20 February or 6 May 2019

9 AM – 5PM

CHANGI GENERAL HOSPITAL

Organised by:



Endorsed by:



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The work of healthcare professionals is often physically, mentally, and emotionally challenging. Often times, while caring for others, we neglect to care for ourselves.

What you will learn

This one day workshop introduces the concept of self-care, which is important in maintaining well-being and preventing burnout.

Participants will learn to recognise signs of burnout, and learn various methods and skills to improve well-being and strengthen relationships. Concepts and various methods and skills to improve well-being and strengthen relationships, techniques from Positive Psychology will be applied and taught through experiential exercises and personal reflections. Sleep, another integral contributor to well-being, will also be covered.

Participants will learn about sleep hygiene, relaxation skills, and other techniques to help them achieve a good night's rest.

A combination of PowerPoint presentations, interactive discussions, experiential exercises will be used to deliver content in this workshop.

This workshop is suitable for all healthcare providers or administrative staff in the healthcare sector. If you are interested in learning ways to prevent burnout and maintain emotional well-being, this workshop is for you.



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