

PROFESSIONAL DEVELOPMENT



Thrive, Not Just Survive

WELLBEING, BALANCE & BURNOUT PREVENTION

COURSE DESCRIPTION

This program empowers women to protect their wellbeing, achieve sustainable work-life balance, and prevent burnout. Participants learn to recognize early warning signs, set sustainable boundaries, and build practical self-care and resilience routines. The program offers strategies to thrive in demanding roles without sacrificing health or fulfillment.

WHY IT MATTERS

Sustainable success depends on wellbeing. Women who manage energy, balance, and stress lead more effectively, avoid burnout, and build careers that last.

KEY LEARNING AREAS	COURSE BENEFITS	PROGRAM UNIQUENESS
<ul style="list-style-type: none"> Recognizing the early signs of burnout Sustainable work-life balance strategies Stress management and emotional resilience Setting boundaries to protect your energy Building practical self-care routines 	<ul style="list-style-type: none"> Prevent and recover from burnout Achieve healthier work-life balance Build resilience under pressure Protect your energy and wellbeing Sustain performance over the long term 	<ul style="list-style-type: none"> Practical, evidence-based wellbeing tools Realistic strategies for busy professionals Supportive, non-judgmental approach Guided by wellbeing and resilience experts

PROGRAM LENGTH
1 day

COURSE FORMAT
Online, Face-to-Face, or Hybrid

LEARNING EXPERIENCE
Practical wellbeing tools and reflection

TARGET AUDIENCE
Women managing demanding roles

Ready to Enroll?

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