



# WOMEN, STRESS, AND BURNOUT<sup>©</sup>

Today, more than ever before, women must deal with the stress of balancing home, work, and relationships.

## Course Results:

Participants will know the principal causes of their stress (internal and external).

Participants will identify the actions they can take to reduce their stress.

Participants will reduce the stress they are currently feeling.

Today, more than ever before, women must deal with the stress of balancing work, home and relationships. Global Initiatives and 350 e-mails a week means women need to use an increased skill level to set boundaries for their lives. In two days women will gain the information and skills needed to continue on.

The purpose of this course is to give women an opportunity to identify the stresses in their lives and to learn to deal with them so they can lower their stress level.

## Course Outline:

Day 1:

- What is burnout & stress?
- Determining what level of stress and burnout you are currently experiencing.
- Identifying your internal stresses.

Day 2:

- Denial and how it contributes to your stress and burnout.
- Identifying your external stresses.
- Developing a plan to reduce your stresses.
- Putting that plan into action.

There is a maximum of 10 women per course.



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