

Workplace Burnout

Hello!

My name is Ashley from ○ real talk workshops and I offer a **quick and affordable** Workplace Burnout Workshop on Vancouver Island. I come right to your organization to facilitate a **1 – 1.5 hour workshop** for your staff of any size! This can include anyone from office staff to front-line workers.

Invest in Retention

This workshop is a way to show your staff, partners, accreditors, and community that you are invested in your **staff's Mental Health**. When your staff are working at their best, they can provide the **best results for your organization**.

About the Workshop

My qualifications: I have worked in Non-Profits and Government – in both client-facing and desk-based positions. I have facilitated various workshops for up to 40 people, and have training in Trauma Informed Practice, Mental Health First Aid, Acquired Brain Injury, and Crisis Intervention.

What sets this workshop apart: I go beyond discussing the impacts & signs of burnout, and focus on **realistic tips and tricks** to avoid burnout. Taking a preventative approach, I walk staff through creating their own **personalized action plan**. The goal is to have staff leave the workshop with more than just information, but steps they can implement immediately.

If Mental Health/ Burnout training is a yearly focus for your organization, my **secondary workshop** is based on following up on staff's action plans, while allowing time for new staff to create one.

Price per workshop: Flat rate of \$200.00

~ I look forward to connecting with you and your staff ~

Contact

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