

Motivation, wellbeing, and burnout, or I'm doing well... I guess

Course code: WELL

This day is different from regular training. You won't find any slide presentations or universal rules here. It's about getting back to yourself. To what keeps you afloat, and to what you may have been ignoring for a long time and don't want to admit. Give yourself space to pause and look at your life from a distance. I will help you plan your own steps to happiness. You won't lose performance if you don't want to, but you will find a life that is fulfilling in every way. Come and create a plan for how to take care of yourself before your body or mind stops you.

Who is the course for

- For those who feel that "something is wrong" but cannot put their finger on it.
- For anyone who feels tired, irritable, or tense for long periods of time.
- For those who care for others but have forgotten to care for themselves.
- For people who want to live and work in a way that makes them feel good. And not just "endure" it.

What we teach you

- Recognize the warning signs of exhaustion before they turn into burnout.
- Perceive your body and mind as allies, not just as machines for performance.
- Restore your inner motivation and understand what truly fulfills you in life.
- Practical techniques for stress management, switching gears, and returning to calm.
- How not to be overwhelmed by the expectations of others.
- Create your own "map back to yourself," a personal plan for self-care and gaining new motivation.

Teaching materials

Gopas guide book for this course.

Course outline

- Initial diagnosis: What gives you energy (or doesn't) and why it matters.
- Working with your body: How to tell when you're overwhelmed and what to do about it.
- Emotional compass: How to distinguish between fatigue, frustration, burnout, and fear.
- Conscious regulation: What works (and what doesn't) when we are overloaded.
- How to find new motivation when you are running on empty.
- Your own map of wellbeing habits.
- Reflection, sharing, and creating a concrete plan.

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