

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

Course code: WELL

Every day you fulfil your work and personal responsibilities, yet in the evening you may feel inner fatigue or dissatisfaction. On the outside, everything appears to function well, but inside there is growing tension and a sense of running on empty over the long term. This training course is not a typical workshop—it does not offer universal formulas or slide presentations. Instead, it creates space to pause, reflect, and gain distance from everyday demands. It will help you look at your current situation and create your own realistic plan toward greater satisfaction and sustainable balance, without the need to compromise performance. The aim is to strengthen long-term stability before fatigue begins to affect your health or work performance.

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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