



Dealing With

Overwhelming Workloads

Length: 1hr .

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: When to-do lists seem insurmountable, and workloads become unbearable, the mind may want to shut down.

Procrastination, distraction, anxiety and sometimes extreme fatigue set in.

This presentation shares self-management techniques and actionable tips on how to thrive in the face of overwhelming workloads.

Content includes:

- Nurturing Self Discipline
- Goal Setting & Time Management
- Setting Mental & Physical Boundaries
- Communication Skills
- Lifestyle Habits
- Mindfulness & Relaxation Techniques

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.