IPI Academy

MANAGEMENT forum

Presented by
Management Forum

Managing The Modern Workplace: Breaking Burnout

Recorded on **10 February**

FREE lunchtime webinar exploring WHO-recognised burnout syndrome. Learn to identify symptoms, understand brain science, and discover practical strategies to break the cycle.

Format:
Recorded webcast

CPD:
1 hours for your records

Certificate of completion

Overview

Burnout is recognised by the World Health Organisation (WHO) as an 'occupational phenomenon', and while burnout is not a medical or mental health condition, it has been classified as a syndrome, meaning a collection of symptoms or signs associated with a specific health-related cause. It is a state of physical, mental, and emotional exhaustion. It can occur when you experience long-term stress and feel under constant pressure. It is very often considered in a workplace setting, but can be experienced alongside other life pressures and excessive demands.

Key topics in this free webinar include:

- How to define burnout
- The symptoms of burnout – 'the four factors' (exhaustion, distance from reality, negativism and reduced performance)
- Understanding what happens to your body during burnout – from adrenaline and cortisol to the role of the hippocampus and amygdala
- How to break the cycle of burnout – focusing on rest, stress management, and self-compassion – including tools and networks to support both online and in-person

Benefits of attending

- **Gain** a clear understanding of what burnout is and how it develops
- **Learn** to recognise early symptoms before they escalate
- **Discover** how stress impacts the body and brain
- **Explore** practical strategies to break the burnout cycle
- **Discuss** tools, techniques, and support networks to build resilience both online and in-person
- **Walk away** with actionable steps you can implement immediately in your professional and personal life

Who should attend?

- Professionals experiencing workplace stress or fatigue
- Managers, HR teams, and leaders responsible for employee wellbeing
- Anyone noticing symptoms of exhaustion, negativity, or reduced performance
- Individuals juggling high personal and professional demands.
- Anyone else seeking practical tools to prevent and manage burnout

Presenter

Claire Mould

With over thirty years' experience of working in and with the public, corporate, and charitable sectors, Claire has expertise in providing strategic, analytical, emotionally intelligent solutions that engender, inform, facilitate and embed growth through compassionate leadership.

Extending from post-doctoral studies on neurology, specifically the link between emotional intelligence and cognitive intelligence, Claire has written, presented, and worked at a national, European, and international level and has published several research papers and books.

In her previous time as a CEO of various charities, she has practical experience in the art of compassionate leadership and has developed a real passion for helping individuals and organisations to optimise their growth potential.

In addition to her work as a facilitator, delivering sessions and presenting, Claire also works as an independent consultant providing emotionally intelligent strategic solutions, embedding compassionate leadership and maximising growth.

In her spare time, Claire runs for mental health and wellbeing, including running marathons and ultra marathons.

Course date

10 February	**Recorded webcast** 12:00-13:00 **UK (London)** (UTC+00) *Course code 16770*

How to book

Online:
ipi.academy/3324

Alternatively contact us to book, or if you have any queries:

Email:
info@ipiacademy.com

Phone:
+44 (0)20 7749 4749

Discounts

- Booking more than one delegate on any one date qualifies for a **30% discount** on the second and subsequent places.
- Most events qualify for an **early booking discount** prior to 6 weeks before the course date. Be sure to check on our website, where the latest discounts will be shown.

Further information

Fee
The fee includes all meals and refreshments for the duration of the course (for venue-based courses) and a complete set of course materials (provided electronically). If you have any particular requirements, please advise customer services when booking.

Please note
IPI Academy (and our training partners) reserve the right to change the content and timing of the programme, the speakers, the date and venue due to reasons beyond their control. In the unlikely event that the course is cancelled, we will refund the registration fee and disclaim any further liability.

Terms and conditions
The rest of the our terms, the event cancellation policy and the terms and conditions are on our website, please visit ipi.academy/content/terms-and-conditions

Reviews

★★★★★

Excellent presentation and informative content.

Zahra Mousavi
Senior Lecturer
Stichting HBO Haaglanden
Feb 10 2026

★★★★★

I thought the whole presentation was enjoyable but I really appreciated the discussion of what physically and mentally occurs during burnout. Her personal examples helped me to identify signs of burnout in my self which I had not realized were even related. This made me realize that it is really necessary to take action to address burnout and not just hope work/life will quiet down eventually.

Heather Sedlacek
Senior Reg Affairs Manager
Argenta
Feb 10 2026

Run this programme in-house for your whole team

Coming to IPI Academy for your in-house training provides an all-inclusive service which gives you access to a wide variety of content, learning platforms and delivery mechanisms as well as your own personal training adviser who will work with you from the initial enquiry through to feedback and follow-up after the programme.

With over 600 trainers, all practitioners and experts across a huge range of fields, we can provide the training you need, where you need it, when you need it, and at a price which suits your budget. Our approach to tailored learning and development consists of designing and delivering the appropriate solution for each client.

For your FREE consultation and to find out more about how we can work with you to solve your training needs, please contact our training advisers:

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IPI Academy

IPI Academy is a training initiative of Falconbury and Management Forum; leading providers of industry training for over 30 years, based in the UK.

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