

# ELEVATING POTENTIAL - MODULE OUTLINES

See [www.4and20Million.com](http://www.4and20Million.com) for full course details

8

## AVOIDING BURNOUT

CREATE A HEALTHY WORK / LIFE BALANCE

*Avoiding Burnout* builds on the previous module, recognising that high performance is not just about increasing productivity and work output. It's about being more engaged with your work and your life.

This module develops behaviours and habits that prevent people from living in a constant state of overload and stress. In order to reach a place of high-performance, we have to create time to rest and recharge.

We need to purposefully create boundaries and a finish line. This is increasingly important given the prevalence of home working. For the sake of our brains and our health, we need to find ways to disconnect, pause, process and reflect. *Avoiding Burnout* will enable you to do this in a realistic and uplifting way.

## AVOIDING BURNOUT



4

4and20Million.