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## Topics

### Avoiding Burnout & Managing Stress

While stress has always been commonplace, it is now uncommonly rampant in the workplace. What's worse is, it has followed us home like it never had before (Thanks, Covid). In 2019 the World Health Organization formally recognized that burnout is caused by "chronic workplace stress that is not properly managed". While everyone is used to 'some' level of stress, there are no indications that it is going to lighten up anytime soon – for anyone. While the WHO has defined and recognized burnout and its cause, they offer no direction on prevention or recovery. Hitting burnout can be painful, lifechanging and expensive and every effort should be made to prevent it. While stress can't be completely avoided, it can be processed, and its impacts can be mitigated (and burnout averted) when adjustments and changes to routines are made early enough. Today, you will hear Rachelle's story, a 25+ year meetings executive, who left the industry after her own experience with burnout. Her story, what to look for, what it looks like if you do nothing about it, along with immediate (and simple!) ways you can protect yourself from falling into the burnout rut.

### Learning Objectives:

- Participants will gain a clear understanding of what causes burnout, what it looks like and its cost.
- Participants will learn the signs to look for in themselves that may indicate they are heading towards burnout and the potential impact on their body and lives.
- Participants will learn first line of defense simple adjustments to make in their lives to ensure their stress remains manageable and does not lead to burnout.
- Upon request participants can be provided with Rachelle's Burnout Resource pdf document.



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## Topics

### **Positive Intelligence & Introduction to Mental Fitness -Interactive Presentation**

What difference would it make if you were able to remain calm, clear headed, stress-free, and positive in the midst of handling the most difficult client or work challenge? What becomes possible for you, in achievement, in peace of mind and wellness, and in your relationships when you are able to respond more positively to negative situations or even your daily work challenges? Breakthrough research conducted by Positive Intelligence (PQ) through factor analysis revealed the core elements that impact both performance and wellbeing – and they are learnable skills!

In this highly interactive workshop, participants will take a short assessment to identify how they most often ‘self-sabotage’ themselves. Next, an introduction to the 3 core muscles discovered through factor analysis that need to be built up. Lastly, participants learn how to harness the power of PQ to boost their capacity and ability to handle life’s challenges with a positive, rather than a negative mindset. Participants will over time (and with practice) develop a set of skills that results in a wide array of impacts including stress management, relationship improvement, performance, selling and persuasion, creativity, leadership, resilience, and happiness.

### **Learning Objectives:**

- Gain a clear understanding of you self-sabotage and the impact that has on your ability to reach goals, connect with others and achieve your peak performance.
- Learn the signs to look for when you or someone else is being hijacked, and how to tame these hijackings to come to peaceful resolutions and solutions.
- Discover how to leverage your new knowledge to lower stress, improve communications and relationships, increase sales and better manage differences in conversations.
- Upon request a two-hour Saboteur Workshop be can be added at a later time.



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## Topics

### Burnout is not a dirty word

NOTE: This program works best as a casual, interactive peer to peer conversation Emceed and led by Rachelle. Workplace stress is common, we know that. Yet in the world of hospitality and events, “event planner” (which is what we all do), continues to land in the Top 5 most stressful careers you can choose year after year after year. We stay in this business because we love it! We do so at the expense of our health, relationships, and other goals and dreams for ourselves. This unmanaged, constant drum of stress can lead to health issues and burnout—but it doesn’t have to. Learning from one another in a candid peer to peer conversation what one dies to avoid burnout, and even how those who have been through burnout – survived and thrive once again. Lastly, what is the difference between the two, and why prevention is so much more appealing. This interactive conversation with your peers will shine a light on questions around stress and burnout that many avoid bringing forward out of fear. Learn about the telling signs of burnout and how you can avoid it.

### Learning Objectives:

- Understand exactly what burnout is, and its potential cost to you—mentally, physically and financially.
- Learn the difference between overwhelm and burnout; Identify signs or “tells” that indicate you are heading toward one or the other.
- Unlock stories, tips, and best practices from your peers who have experienced burnout (so you don’t have to).
- Upon request participants can be provided with Rachelle’s Burnout Resource pdf document.

### Profile

Simply put, Rachelle helps professionals find the right balance between work and play. By combining her Executive, Leadership, & Positive Intelligence Mental Fitness coaching she has created the perfect trifecta to access real change and growth in one’s life. Rachelle spent over 25 years in the DMC industry in Miami and was consistently recognized as one of the Top 25 DMCs in the country all while actively serving in her industry associations. She served as President of a national consortium of DMCs, sat for over 14 years on the ADMEI board of directors, and won multiple awards for being a respected top producer year after year. In 2014, after bringing an under-producing DMC business to over \$5m in less than a year, she hit a level of burnout that was wholly unexpected and unacceptable to her, resulting in early retirement at 48. Now as a trained Executive Leadership Coach, Rachelle has made it her mission to combine this hard-won wisdom and experience to crack the code on burnout for others. Rachelle is Brené Brown Dare to Lead™ Leadership trained, a Certified Positive Intelligence Mental Fitness™ coach, and, accredited by the International Coaching Federation™ (ICF) as a Professional Certified Coach. Rachelle’s commitment to both the hospitality and coaching industries now has her speaking and coaching professionals in the meetings industry to ensure the right balance between work and play. Why? Because no one should ever burn out of a career they love.