LORETTA STAGNITTO™
LEADERSHIP ASSOCIATES

Beat Burnout & Address Anxiety in the Workplace;

Resilience Strategies for Leaders to Help Individuals & Teams

This topic can be presented either Virtually or In-Person.

Session formats include *(but are not limited to)*:

- **Brown Bag Lunch / 55-min Webinar**

- **2.5-hour Workshop**
  - *First 60-mins covering Burnout & Anxiety.*
  - *Final 90-mins as a customized workshop and deep dive to address one or more of the strategies that resonate with your leadership team.*

- **A Series of 2-hour Sessions (4 in total)** *to deep dive into all 8 strategies, covering two per session..*

Sessions may be expanded further using state-of-the-art individual psychometric assessments which can reveal how to combat burnout & anxiety based on unique and specific traits and behaviors.

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*"If anxiety is not your number 1 issue in the workplace, it should be number 1A.*
- Chester Elton and Adrian Gostick, Anxiety at Work, 2021

- *Learn how to recognize Burnout & Anxiety in Yourself & Your Team Members.*

- *Receive tangible strategies for dealing with uncertainty and work overload.*

- *Discover how to normalize, destigmatize and empathize around workplace anxiety.*

- *Learn how to help individuals and teams chart their path forward and find their voices.*

Loretta Stagnitto is a Personal Development & Leadership Coach *(Corporate Coach U Certified Graduate)*, as well as an Executive Advisor, Author, Trainer, & Workshop Facilitator.

Loretta created her coaching methodology after years of interpreting how good managers become great leaders and how productive individuals evolve into high-performing ones.

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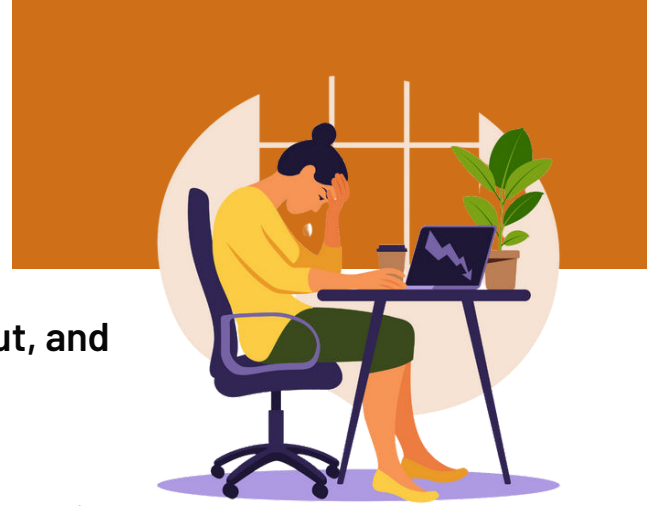
Do you know how to recognize the signs of burnout, and what to do about it BEFORE it's too late?

It's critical that Burnout is addressed before:
- Your valued employees jump ship *(the great resignation is far-reaching)*;
- Team morale takes a dive *(burnout is contagious!)*;
- The company's productivity and bottom line are negatively impacted.

Your team members may be experiencing Burnout & Anxiety - not just from the pandemic but due to:
- Unsustainable Workloads
- Perceived Lack of Control
- Insufficient Rewards for Efforts
- Lack of a supportive community
- Lack of Fairness
- Mismatched Values & Skills

Companies can do something to help their teams navigate these uncharted waters...

In these webinars and workshops from Executive Coach Loretta Stagnitto, participants who attend *Beat Burnout and Address Anxiety* will walk away knowing how to:

- **Deal with Uncertainty:**
  - *Employees are understandably worried about their organization's strategy for contending with the present-day challenges, and how it will affect their job security. It is critical that this be addressed head-on.*

- **Deal with Overload:**
  - *Working from home, or in and out of the office without the structure they used to have (or with new, ever-changing structures and more work assignments) team members can feel overloaded. Learn how to encourage balance and prioritization in order to achieve some mental clarity and peace for your staff.*

- **Chart their Path Forward:**
  - *There is a growing concern (especially among Millennials and GenZ workers) regarding a lack of career growth and development, as well as the need for clarity in everyday work situations. Leaders can help individuals on their team understand the paths for advancement and foster job satisfaction at every stage of employment.*

- **Manage Perfectionism:**
  - *Perfectionism has become the enemy of getting things done. Leaders can learn how to train their staff for the balance necessary to achieve amazing results with a 'done is better than the unachievable perfect' mindset.*

- **Find Their Voice:**
  - *Ensure the team does not fear speaking up by teaching how to contribute to important conversations and debate issues effectively and professionally*

- **Become an Ally:**
  - *Marginalized team members -women, people of color, LGBTQ+ community members and religious minorities - all struggle with anxiety due to being 'different'. Intentional focus to address the concerns of these populations is essential.*

- **Build Social Bonds:**
  - *Overcome the alienation and disassociation that comes from this new virtual work environment by creating opportunities for meaningful interaction.*

- **Gain Confidence through Gratitude:**
  - *Build confidence in the team by making sure they know they are valued.*