



SCHOOL OF EXECUTIVE EDUCATION
AND LIFELONG LEARNING

Building Resilience in the Organization: From Burnout to Flourishing

Optimizing Workplace Well-being and Performance

Program starts in May 2024



Building Resilience in the Organization: From Burnout to Flourishing

Optimizing Workplace Well-being and Performance

OVERVIEW

Employee burnout is a global concern. According to a study conducted by Deloitte (2015), nearly 80% of people reportedly experience burnout at their current job; 91% said that chronic stress and frustration impact their output at work, and 83% reported that burnout is harming their personal relationships.

In 1998, the World Health Organization classified employee burnout as an organizational hazard. Thus, this program will address the six major causes of burnout and what organizations can do to fix these and create a culture where their people can flourish.

This program focuses on the cognitive, emotional, social, and self-care skills needed for leaders and employees to increase resilience in the workplace. It also explores environmental factors such as job design, workload, leadership style, and motivational climate that contribute to employee burnout at work.

In addition, this program will introduce resilience techniques such as: accurately appraising stress, using positive psychology principles to increase well-being, and tapping into creativity and social capital to guard against the negative impact of burnout and chronic stress in the workplace.

People who will benefit from this program are leaders, employees, and human resource personnel who want to increase their personal resilience and use their influence to prevent employee burnout from spreading in the workplace.

PROGRAM OBJECTIVES

At the end of the course, you should be able to:

- Learn the latest research in optimism, psychological flexibility, and resilience to be able to flourish amidst change and adversity
- Understand how to accurately appraise stress and increase self-efficacy
- Learn the mindsets and interpersonal factors that contribute to anxiety (e.g., catastrophic thinking, rumination, social isolation) and acquire important tools to guard against these.
- Use positive psychology tools to increase well-being.
- Gain insights into the six major causes of burnout and what leaders can do to transform the culture of the workplace to prevent and mitigate the crisis of burnout.

PROGRAM SCHEDULE

Face-to-Face On-campus

- May 22, 31, 2024
- 8:30 AM to 12:00 PM

Live Online

- May 24, 27, 29, 2024
- 8:30 AM to 12:00 PM

(GMT+08) on all dates

PROGRAM FEE

PHP 25,990.00 or USD 473.00*

*The prevailing exchange rate at the date of payment may apply.

Let us know if you are interested to avail of early bird/group discount or discuss payment terms.

YOUR PROGRAM FACULTY



Yasmin B. Gonzales
Adjunct Faculty
Asian Institute of Management

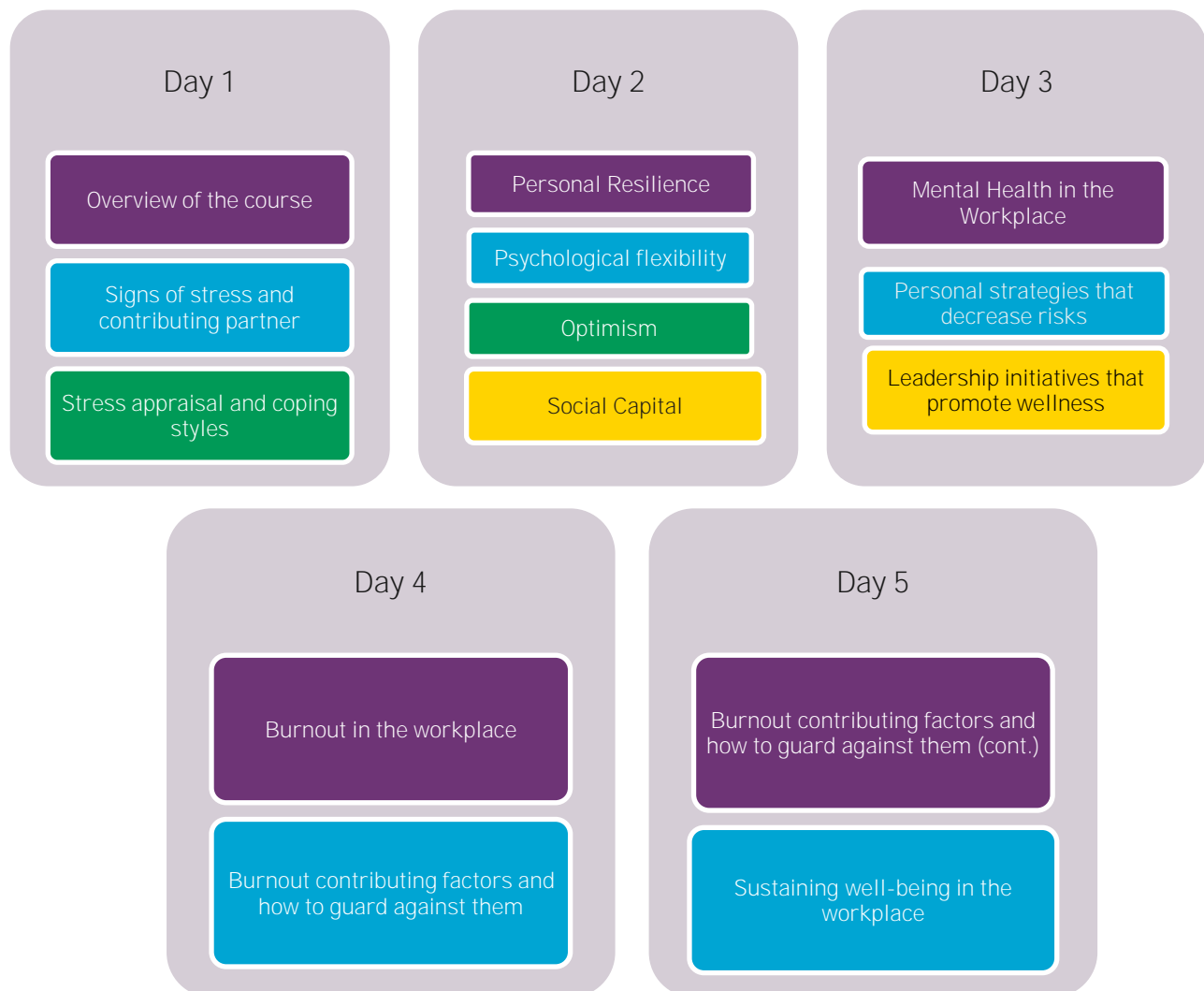
To find out how you can participate, contact us at SEELL@aim.edu or visit <https://go.aim.edu/seellinquiries> <https://go.aim.edu/seellprogramcalendar>



WHAT YOU WILL LEARN

- Understand the physical and emotional signs of stress and the main contributing factors that impact stress levels
- Increase awareness of current stress and anxiety coping styles and assess their effectiveness
- Learn how to accurately appraise a stressful situation
- Explore the key factors that contribute to personal resilience
- Understand the environmental factors that lead to chronic stress and burnout in the workplace
- Create an organizational culture that guards against the six major causes of burnout to sustain optimal performance and wellbeing at work

PROGRAM LEARNING CONTENT





**SCHOOL OF EXECUTIVE EDUCATION
AND LIFELONG LEARNING**

KEY BENEFITS

- Leaders and HR professionals to create a work environment that can sustain high performance, engagement, and motivation in their employees
- Develop a workforce that can successfully navigate through change and flourish amidst adversity
- Gain tools to lead resilient employees and teams

WHO SHOULD ATTEND

This program is for top leaders, managers, and HR professionals who want to increase their own resilience as well as their team's, in order to guard against burnout, create a positive work environment, and sustain performance.



FOR INQUIRIES:
School of Executive Education and Lifelong Learning, Asian Institute of Manageme
Eugenio Lopez Foundation Building, Joseph R. McMicking Campus
123 Paseo de Roxas, Makati City Philippines 1229
SEELL@aim.edu | +632 8892 4011 | www.aim.edu



SCHOOL OF EXECUTIVE EDUCATION
AND LIFELONG LEARNING

PROGRAM FACULTY



Yasmin Batugal – Gonzales
Adjunct Faculty
Asian Institute of Management

Yasmin Gonzales has a master's degree from Harvard University on Industrial-Organizational Psychology. She graduated with a 4.0 GPA, the highest possible achievement.

Yasmin is the Co-Founder and Partner at Peak Performance Consulting Group, which focuses on helping organizations develop effective leaders, boost employee performance, prevent burnout, increase motivation, and create a positive work culture where people can thrive.



FOR INQUIRIES:

School of Executive Education and Lifelong Learning, Asian Institute of Management
Eugenio Lopez Foundation Building, Joseph R. McMicking Campus
123 Paseo de Roxas, Makati City Philippines 1229
SEELL@aim.edu | +632 8892 4011 | www.aim.edu



Earning a SEELL Postgraduate Certificate and Diploma

SEELL offers Postgraduate Stackable Certificate Courses in various areas of concentration and discipline, which build an individual's qualifications and distinguish their professional value. It enables professionals to develop their proficiency in diverse areas of concentration in a personalized and more manageable manner.

By successfully completing SEELL's programs, credentials can be earned over time, stacked towards earning a Postgraduate Certificate in an area of their choice, and ultimately, a Postgraduate Diploma in Management. This leads to more career opportunities, advancement, and potentially high-paying jobs.

EARNING CREDENTIALS

Successfully completing the program earns participants One (1) unit which can be credited to the following:

- Postgraduate Certificate in Organizational Development and Performance
*Postgraduate Certificates require five (5) units earned within two (2) years.

Participants will also earn one (1) unit which can be credited to the Postgraduate Diploma in Management.

*The Postgraduate Diploma in Management requires a total of twenty (20) units earned within three (3) years.

ELIGIBLE PROGRAMS

For guidance on other eligible programs for Postgraduate Certificates and designing your learning journey with SEELL, please email us at SEELL@aim.edu or visit our website at <https://executiveeducation.aim.edu>



FOR INQUIRIES:
School of Executive Education and Lifelong Learning, Asian Institute of Management
Eugenio Lopez Foundation Building, Joseph R. McMicking Campus
123 Paseo de Roxas, Makati City Philippines 1229
SEELL@aim.edu | +632 8892 4011 | www.aim.edu