A LIVE THREE-PART WORKSHOP SERIES ON BURNOUT

Running on Empty

A practical workshop series that helps employees recognize burnout early, understand what drives it, and prevent it, for themselves and for each other. Each one-hour session is led live on Zoom by a licensed therapist from Blossom Wellness Counseling. It is built for any team with long stretches of high demand.

What your team will be able to do

- Tell the difference between everyday stress and burnout
- Find the workplace pressures behind their own burnout risk
- Recover on purpose, and get their motivation back with small wins
- Ask for what they need and share the load more fairly
- Check in on a colleague and know where to find support

Why it works

- Looks at personal habits and how work is set up, where burnout starts
- Examples tailored to your team's work
- An educational class, not therapy, so no one is asked to share anything personal
- Any group size, cameras optional

How each hour runs

Every level follows the same simple flow, so it feels familiar. Each level covers new ground.

1	**Welcome**	Ground rules and a quick check-in in the chat
2	**Learn**	A short, clear teaching segment grounded in burnout research
3	**Reflect**	A private workbook page. No one is asked to share results
4	**Practice**	A live skill or conversation people can use right away
5	**Apply**	Turning it into something for this week, alone or as a team
6	**Make your plan**	Each person writes a short, practical plan
7	**Close**	Questions and where to find more support

THE SERIES

Three levels, one program

Each level builds on the one before it, and each one also works on its own. Book a single session, one level a year, or the full series. New employees can join at any level, because every session opens with a short refresher.

LEVEL 1

Running on Empty

Spotting burnout and refilling the tank

Best for: Any team, especially after a long, demanding stretch

- What burnout is, and when it may need professional care
- The six workplace areas that drive burnout, and each person's top one
- Four kinds of recovery and a personal recovery menu
- Warning signs in a colleague, and how to check in
- A personal burnout prevention plan

LEVEL 2

Getting Your Spark Back

Rebuilding motivation and meaning

Best for: Teams that feel flat, stuck, or unrecognized

- Noticing progress with a daily done list, and who our work helps
- Job crafting: small changes to tasks, relationships, and mindset
- A savoring pause, and three good things
- Four steps for asking a manager about workload or priorities
- A short personal plan

LEVEL 3

Burnout-Proof Teams

What a team can do together

Best for: Intact teams, ideally with their managers

- Why burnout is a team issue, and feeling safe to speak up
- Making workload visible with a weekly capacity check
- Giving specific, meaningful recognition
- Supporting a colleague coming back after a hard stretch
- A team action plan for workload and recognition

Every session includes a fillable participant workbook for that level and a follow-up email with the workbook and information on getting more support.

The details

FORMAT	Live on Zoom, 60 minutes per session
LED BY	A licensed Blossom Wellness therapist
GROUP SIZE	Any size; cameras optional
MATERIALS	A fillable participant workbook for each level, plus a follow-up email
PRIVACY	No personal information is collected, and nothing about individual employees is reported back.
RECORDING	Your choice. If recorded, we tell the group at the start.

What we need from you

- [ ] A date and time that works for your team
- [ ] Your team's industry and biggest pressures, so we can tailor the examples
- [ ] The calendar invite or Zoom link sent to attendees
- [ ] The workbook forwarded to attendees before each session
- [ ] Whether you plan to record
- [ ] Your Employee Assistance Program details, if you have one, so we can mention it

Pricing by group size

GROUP SIZE	PRICE PER SESSION
Up to 14 people	**$290**
15 to 29 people	**$450**
30 to 49 people	**$650**
50 to 99 people	**$850**
100 or more	**Custom quote**

Book a single session, one level a year, or a series. Series discount: 10% off each session for two sessions, 15% off each session for three.

Ready to book?

Book one level or the full series.

323-879-7809

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blossomwellnesscounseling.com

Running on Empty is an educational class, not therapy. Blossom Wellness Counseling is a virtual therapy practice serving California.