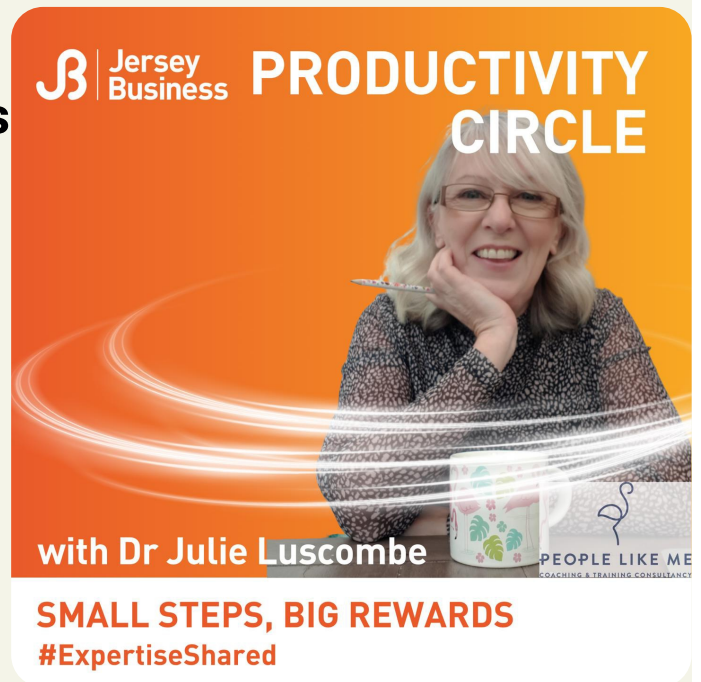


Productivity Circle: Boiling Frogs and Burning out

16:00 - 18:00 | 21/11/2024 | Eagle Labs Room,
Jersey Library | Free event

[Book now](#) →



Join us for the November Productivity Circle

Boiling Frogs and Burning out: the impact of burnout on productivity and how to avoid it by managing self and supporting colleagues. Presented by Dr Julie Luscombe - People Like Me Coaching & Training Consultancy.



[Book here](#)

Using the boiling frog analogy, Julie will describe the burnout experience and how this impacts on productivity. Referring to current research she will introduce participants to the burnout curve, identify common factors amongst those who experience burnout but also common factors shared by those who don't and what we can learn from that. She will also introduce participants to a suite of pragmatic tools that can support individuals and teams to help keep themselves working well and support

colleagues

Join us for a dynamic and interactive workshop aimed at boosting your productivity.

Why Attend?

This workshop is not just about learning; it's about doing. You'll walk away with actionable strategies to assess and boost your productivity. It's a chance to network with like-minded professionals and learn from industry experts. Whether you're looking to optimise your own performance or lead your team to greater efficiency, this workshop is an invaluable step toward achieving your goals.

☒ Don't miss this opportunity to boost your productivity! ☒

☒ **Boost Your Efficiency:** Discover the latest tools and technologies that can revolutionize the way you work. Acquire the skills to streamline your tasks, save time, and achieve more with less effort.

☒ **Networking Opportunities:** Connect with like-minded professionals, industry experts, and potential collaborators during our interactive networking sessions. Share your experiences, exchange ideas, and form valuable connections that can elevate your career or business.

☒ **Continuous Learning:** Education is the key to growth and success. Expand your knowledge base with the latest insights, case studies, and real-world examples shared by our esteemed speakers. Be at the forefront of productivity trends and innovations.

☒ **Who Should Attend?**

- Business Owners and Entrepreneurs
- Managers and Team Leaders
- Process Improvement Specialists
- Product Managers and Project Managers
- Anyone interested in enhancing their productivity and

efficiency

Don't miss this golden opportunity to gain a competitive edge in your industry and elevate your career to new heights. Register now for the Productivity Circle and be a part of the productivity revolution!

📌 **Limited Seats Available! Secure Your Spot Today.**

The Productivity Circle is a free development and networking forum run by Jersey Business for people who, regardless of scale or position within their organisation, are practitioners, interested in or involved in the implementation of continuous business improvement within their organisations. It will provide an opportunity for sharing best practice; peer to peer learning and support for members to focus on continuous business improvement.

Who's presenting?

Dr Julie Luscombe

People Like Me, Coaching and Training Consultancy

Dr Julie Luscombe is a professional coach, accredited action learning facilitator and trainer who combines her skills with her extensive professional experience in the public and health and care sector to support busy, time poor professionals (individuals and teams) who are juggling a multitude of competing priorities to not just survive but thrive at work. Using tools grounded in neuroscience, she works with teams and/or individuals to support them in using strategies to avoid burnout, improve wellbeing and create space for productivity. She speaks regularly on 'managing overwhelm' at local conferences and events, most recently for the Institute of Directors and Family Nursing & Home Care conference and is shortly to be a keynote speaker at the conference of the Institute of Health Care Leadership in Health Care in the UK.