

CONWAY HALL

TITLE OF EVENT: “ *Burnout – Can we avoid it?*”

Presented by Camilla Ghazala

NAME OF ORGANISER(S): *Adlerian Society UK*

DATE(S): *Thursday 15 November 2018*

START TIME: *7.30pm*

END TIME: *9.00pm*

Burnout and other associated health issues are gathering extraordinary momentum particularly with front line employees. Why do we do this highly pressurised, persistently demanding work which requires enormous breadth and depth of skill and who is responsible for our wellbeing? **Camilla Ghazala** will discuss whether we can really avoid burnout.

Our Mental Health bill is around £100billion, 70million working days are lost per annum, employing someone costs about £32,000 and front line employees are at the top of these extreme, unsustainable figures. We live in a permanently changing landscape whilst working with highly complex, often distressed people and situations, can we really avoid burnout and other associated mental health challenges? How many are in slow, consistent burnout?

Front line includes these professions: law, medicine, mental health, health care, therapy, law enforcement, emergency services, forces, social worker, management, education, veterinary all who provide extraordinary work for our country.

In this lecture we can discuss and consider:

- ☼What the burnout jigsaw looks like
- ☼Burnout and Mental Health connections
- ☼Why do we work front line?
- ☼My wellbeing: my employers responsibility or mine?
- ☼How we can encourage our wellbeing protection.

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Camilla Ghazala specialises in Psychological/Emotional Development her passion is encouragement, education and enabling others to develop awareness, stability, collaboration, assertiveness and resilience. She works throughout the complex wellbeing sphere (senior coach, tutor, therapist, supervisor, consultant) with mild-severe presentations ensuring wellbeing is developed in a healthy, sustainable style and momentum. Her work within the NHS, Charitable organisations, private practice and corporations is with adolescent's, couples, families (includes children of all ages) and groups.

Camilla skillfully integrates 40 years of dedicated personal development with 36 years of research, training and experience in: Adlerian Psychology, Coaching, CBT, Systemic, Family/Group Process, Buddhist Psychology, Mindfulness, AAT, Creative, Gestalt, TA, Energy Psychology, Clinical Supervision, and has developed a unique Heart-Mind Intelligence model.

LINKS FOR FURTHER INFO:

Ticket link (if applicable): **Admission £7 (concs £4)** All welcome. No need to book. CPD certificates are available. **Lecture enquiries:** Gwyneth Evans-Patel email evans_patel@hotmail.co.uk

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