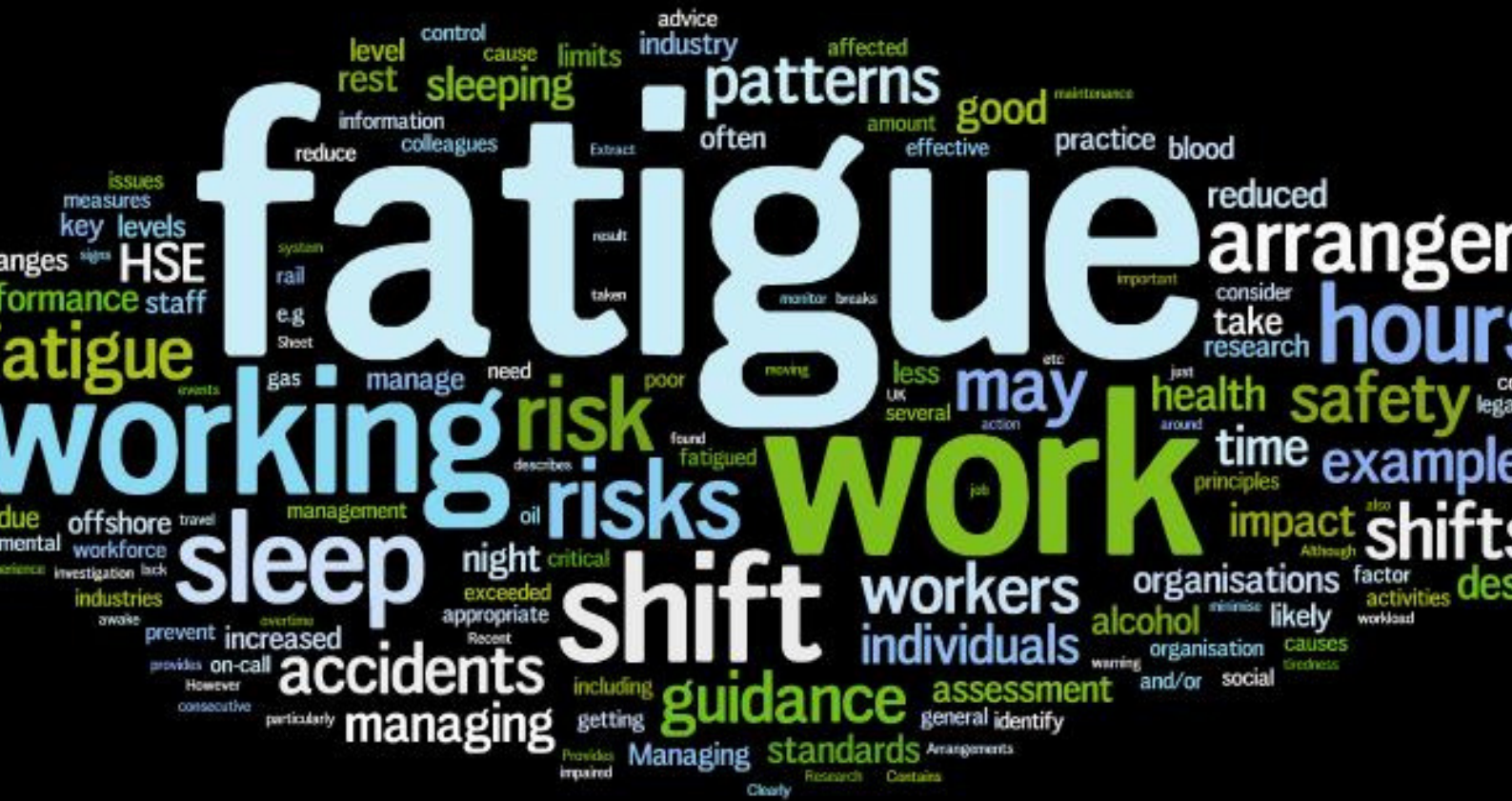




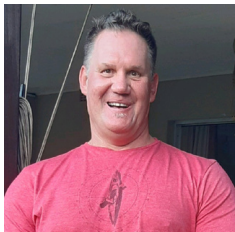
FATIGUE & BURNOUT STRESS SYNDROME MANAGEMENT



KEY TOPICS.

- Team Building
- Conflict Management
- Dealing with Trauma
- Relaxation

YOUR COURSE GWIJI



QUINTON WILLIAMS



DONALD HJUL

FATIGUE MANAGEMENT

FATIGUE WILL AFFECT YOUR ALERTNESS, YOUR PERFORMANCE, YOUR HEALTH,
YOUR MOOD AND MOST IMPORTANTLY
YOUR SAFETY.

Rationale for the Programme/Course:

Objectives of course is to foster healthy working relations and understanding stress associated with management and leadership. Understanding concepts like Stress-Burnout-Fatigue and mitigation strategies-Effective leadership through improved self-management.

Who Should Attend

Executives and managers, supervisors and anybody responsible for managing a team(s).



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Delivery Mode

To achieve the above objectives and scope, it is suggested that the workshop be conducted over two days. The methodology for presentation will be to make it as experiential as possible relaying on the participants to use their own life experiences as base to work with, whilst also ensuring that each topic is introduced with the current and available theory and practice. The underlying philosophy is that when people are having fun and enjoying what they are doing, they will retain what they learn and experience.

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Meet your course Gwiji



YOUR FACILITATOR - QUINTON WILLIAMS

is an experienced MR and consultant in various areas of human resources, education, project Project Management, Negotiation, Business Strategy, and sales. His mission is to support people and organisations to improve their skills and abilities to excel in their job role and life. He believes the key to true transformation is people. With his diverse experience in both corporate and academia, he has a deep appreciation for people's diversity and abilities as tools for success, as well as the ability to make tough decisions in critical moments that matter to them. In so doing he helps others get there.

Quinton is a registered counselling psychologist with extensive corporate experience working with executives in organizations like mercedes Benz amongst others. He holds a MA in research psychology from Pretoria University and an MBA the Rhodes University.

YOUR FACILITATOR - DONALD HJUL

is a Specialist Facilitator and Professional OD Consultant who has over 38 years of experience in the Private, Public and NPO sectors across international boundaries and within many sectors and industries.

This includes broad international Commercial Management functions - from intern to Executive level; within a multi-national corporate environment. The last 22 years as a Professional in the Public and Private sector in this subject matter. He is actively involved in Business Planning, Organisational and Business Development across economic sectors and industries.

He has completed several Programmes with the UNISA Graduate School of Business; during the period 1990 to 2000 and graduated from the FMP, MDP and SMP (AEP) programmes of the business school.

His passion is empowering people in Business Development; Business Management; Organisational Design and Development; Performance & Project Management; as well as appropriate HR and the development of Human Capital in organisations.



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