

# ALMAGRE

## BURNOUT MANAGEMENT PROGRAM



### PSYCHOLOGICAL APPROACH

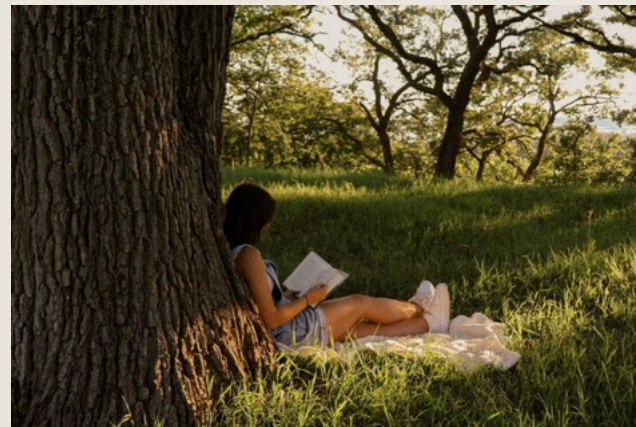
Rooted in Cognitive Behavioral Therapy (CBT) and third-wave therapies, this approach offers structured interventions to address thought patterns, emotional regulation, and behavioral change. It provides participants with practical tools to manage Burnout and cultivate resilience in their daily lives.

### EQUINE-ASSISTED THERAPY

A therapeutic approach using guided interactions with horses to enhance emotional regulation, self-awareness, and personal growth in a supportive natural setting.

### YOGA & MINDFULNESS

Traditional yoga offers a complementary approach to managing Burnout. Through controlled breathing, psycho-physical postures, Mindfulness and meditation practices; soothing the nervous system, helping to release built-up tension in the body and finding emotional balance.



[WWW.ALMAGRE.COM](http://WWW.ALMAGRE.COM)



# WHAT IS BURNOUT AND HOW CAN OUR BURNOUT MANAGEMENT PROGRAM HELP

Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged and excessive stress, often related to work or demanding personal responsibilities. It develops when a person feels overwhelmed, emotionally drained, and unable to meet constant demands. Over time, burnout can reduce productivity, sap energy, and leave individuals feeling hopeless, cynical, and resentful.

Burnout isn't just about working too much—it can stem from feeling undervalued or unsupported. Addressing it early is essential to prevent long-term effects on mental and physical health.

Our burnout program aims to raise awareness, provide practical tools, and foster a supportive environment for addressing and preventing burnout.



# OBJECTIVES AND TOPICS OF OUR PROGRAM:

## **Raise Awareness About Burnout**

- Define what burnout is, including its causes, symptoms, and potential consequences.
- Highlight the difference between stress and burnout.
- Discuss the impact of burnout on mental, emotional, and physical health.

## **Identify Personal Triggers and Warning Signs**

- Help participants recognize their own stressors and patterns that may lead to burnout.
- Teach how to identify early warning signs of burnout in themselves and others.

## **Provide Practical Stress-Management Techniques**

- Introduce evidence-based strategies such as mindfulness, breathing exercises, and time management techniques.
- Share tools for prioritizing tasks, delegating, and setting boundaries to reduce workload and pressure.

## **Promote Self-Care Practices**

- Educate participants on the importance of sleep, nutrition, exercise, and relaxation.
- Explore self-care routines tailored to individual needs and schedules.



## **Cultivate Emotional Resilience**

- Teach coping mechanisms for managing stress and building mental strength.
- Discuss the importance of reframing negative thoughts and cultivating a positive mindset.

## **Encourage Workplace and Social Support**

- Discuss the role of communication and seeking help from colleagues, supervisors, or support systems.
- Share ideas for fostering a healthy work environment and encouraging team collaboration.

## **Develop a Personalized Action Plan**

- Guide participants to create a customized plan to prevent and recover from burnout.
- Include practical steps for implementing lifestyle changes and workplace adjustments.

## **Foster a Culture of Wellness**

- Highlight the importance of organizations and leaders in addressing burnout.
- Encourage participants to advocate for systemic changes that promote well-being, such as workload management and mental health resources.

By addressing these objectives, the workshop can empower individuals and organizations to proactively manage burnout, improve overall well-being, and create healthier environments.





## PROGRAM DURATION AND STRUCTURE

This comprehensive 3-day program is designed to address Burnout through an intensive and immersive experience. Participants engage in daily sessions (6-8 hours per day) that integrate evidence-based psychological interventions, mindfulness practices, and equine-assisted therapy.

This concentrated structure allows participants to deeply connect with the therapeutic process, immediately apply learned strategies, and lay the groundwork for resilience and balance to manage daily challenges. By combining clinical psychology, equine-assisted therapy, and mindfulness, this program provides a comprehensive and effective solution for addressing burnout.

Clinical psychology provides evidence-based techniques to address maladaptive thought patterns and behaviors; Equine-assisted therapy fosters emotional regulation, self-confidence, and self-awareness through experiential interaction with horses and Mindfulness practices, such as Mindfulness-Based Stress Reduction (MBSR), help reduce stress and anxiety by cultivating present-moment awareness and emotional stability.

The combination of these therapeutic modalities addresses the multifaceted nature of Burnout, equipping participants with comprehensive tools to improve quality of life.



## PROGRAM COST AND PAYMENT TERMS

The total program fee is €750, structured as follows:

Non-Refundable Deposit: €250, due upon registration.

Remaining Balance:

Option 1: Single payment of €500, due no later than one month prior to the program start date.

Option 2: Two installments of €250 each, with the final installment due no later than one month prior to the program start date.

Note: Insurance is mandatory and must be purchased separately. Details and guidance on obtaining the required insurance will be provided upon registration.

In order to respect the animals natural rest rhythms, we do not offer overnight stays. Accommodation is not included, but local lodging options are available.





## OUR TEAM

### CHANTAL FERON

Clinical Psychologist  
Equine-Assisted Psychotherapist  
Clinical Director of Almagre

### VERA VENTURA

Specialist in Equine-Assisted Interventions  
Somatic educator  
Dancer. Graduated by the National conservatory

### LEONOR BUZAGLO

Certified Yoga Teacher (Hatha Yoga and Yoga Therapy)  
Specialized in Health Engineering: Yoga and Physiology  
Trained in Mindfulness-Based Stress Reduction - MBSR)



MORE ABOUT US:

[WWW.ALMAGRE.COM](http://WWW.ALMAGRE.COM)