

# From Burnout to Balance: Strategies for Stress Relief

Adult

Join Our Transformative Workshop: "From Burnout to Balance: Strategies for Stress Relief"

Are you feeling overwhelmed by stress and on the brink of burnout? Join us for this transformative workshop designed to help you regain control and balance your life. Through neuroscience insights, practical techniques, and interactive sessions, you will learn how to manage stress effectively, prevent burnout, and cultivate a healthier, more resilient mindset.

## Workshop Highlights:

- **Understand Your Brain:** Learn about the cause and effect of stress and burnout and how hormones and neurotransmitters can be affected by chronic stress and how to identify it.
- **Practical Tools:** Gain practical stress-management techniques to reduce stress and rebalance self-care, such as setting boundaries and managing workload for a healthy work-life balance.
- **Goal Setting:** Learn to identify your burnout triggers and create a personal action plan to manage stress, prevent burnout, and build resilience.

**\*This workshop is suitable for individuals who want to understand their anxiety and counsellors who want to learn techniques to share with their clients.**



Scan the QR Code for full course description, assessment and progression options from this course

## ENTRY REQUIREMENTS



## LOCATION & NEXT START DATE(S)

Cornwall College Camborne - 19 September 2025  
Cornwall College Camborne - 24 October 2025



**Find out more and  
apply online**



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<b>LEVEL</b> No Qualification	<b>DURATION</b> 6 hours
<b>ATTENDANCE</b> Part-time	<b>FEES</b> Tuition Fees: £15.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

### Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and  
apply online

