



THE COURAGEOUS PEOPLE REVIVER

CULTIVATING A CULTURE OF COURAGE TO REVIVE YOUR WORKFORCE

The pandemic has changed all of us in some way. Many people are unable to put their finger on it, but know they feel different. While some are burnt out, others are struggling to return to life after lockdown.

Burnout is a result of excessive and prolonged emotional, physical and mental stress or uncertainty. It can happen when you're overwhelmed, emotionally drained, and unable to keep up with life's relentless demands.

Reverse culture shock is when the return to the familiar feels unexpectedly foreign. It can lead to feeling restless, unmotivated and disorientated and can cause a decline in engagement, productivity and workplace satisfaction.

Through the use of humour and masterful storytelling, Sarah delivers a captivating message that is relevant for every person grappling with a changing workplace.

As the 'Courageous People Reviver', Sarah demonstrates how to identify burnout and reverse culture shock, and provides strategies on how your workforce can overcome it by cultivating a culture of COURAGE.

Think of it like CPR for your team!

C

CONNECTION

Brene Brown says we are hard-wired for human connection. Be proactive about creating connection, especially in a hybrid culture.

If in doubt, connect.

O

OUTWARD FOCUS.

Motivate your team by shifting the focus away from profit towards your greater purpose.

Purpose produces productivity.

U

UNITY.

Implement strategies to increase communication and bring your team together.

Teamwork begins with trust.

R

RESILIENCE

Demonstrate proactive organisational investment in your people. How can we heal together?

We're human, not heroes.

A

AUTHENTICITY.

Create an environment where authenticity is valued and safety is respected. Be kind to yourself.

Be Fearlessly Authentic.

G

GRATITUDE.

Recognise the power of gratitude as individuals and as a team.

Gratitude is an action, not an attitude.

E

EMPATHY.

Understand how the world looks through someone else's eyes.

Empathy is the medicine the world needs.



REVIVE SURVIVE THRIVE