

LEADING HEALTHIER WORKPLACES

Upcoming IIRSM webinars explore how better leadership and communication can improve wellbeing and organisational performance

For many leaders, working under pressure has become the norm. Tight deadlines, competing priorities and the expectation to always be available can make stress feel like an unavoidable part of the job. But while many leaders have learned how to push through pressure, far fewer have developed the skills to sustain high performance without compromising their health, wellbeing or effectiveness.

This important issue will be explored in IIRSM's forthcoming webinar, 'High performance without burnout: A leader's guide to sustainable success', led by workplace wellbeing expert Sadie Restorick, CEO of Wellity Global.

Drawing on the latest evidence and practical experience, the webinar will examine how leaders can recognise the early signs of stress and burnout in themselves and their teams before they escalate into more serious problems. Participants will explore the organisational and behavioural factors that contribute to chronic stress, alongside practical approaches to managing workload, maintaining healthy boundaries and creating opportunities for recovery.

The session will also consider the wider impact of burnout on workplace performance. Chronic stress can affect decision-making, productivity, communication and relationships, with consequences that extend beyond individual wellbeing to influence team performance and organisational resilience. By understanding these risks, leaders can take proactive steps to create healthier ways of working while continuing to meet business objectives.

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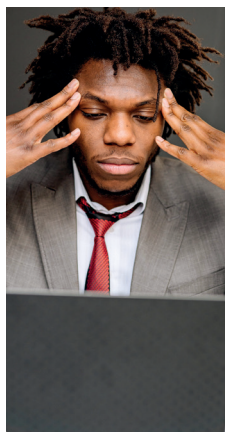
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BURNOUT IN THE UK

High stress levels and mental health-related sick leave persist in the UK workforce, Mental Health UK's latest *Burnout Report* reveals, with chronic pressures going unaddressed and too few employers supporting recovery from burnout.



Yan Krukau/Pexels

workplace culture and employee wellbeing. She has trained more than 100,000 professionals around the world, translating research into practical, commercially relevant strategies that organisations can implement immediately.

COMMUNICATING OCCUPATIONAL HEALTH

Occupational health has never been more important to organisational resilience. Yet for many professionals, the challenge isn't understanding the risks – it's communicating them in a way that inspires action.

These challenges will be explored in the latest instalment of IIRSM's risk communication webinar series on occupational health, hosted by Karen J Hewitt FIIRSM, Director of Leaderlike.

Karen will lead a discussion exploring how professionals can move beyond compliance-led messaging and communicate health as an integral part of organisational success, rather than a standalone wellbeing initiative or tick-box exercise.

Joining Karen are Claire Odd, Workplace Health Lead at QinetiQ, and HSE leader Anna Krajewska-Bijata, who will share practical insights into embedding occupational health within workplace culture and helping organisations take preventative action that benefits employees and the wider business.

The webinar will examine how risk professionals can demonstrate the strategic value of occupational health. Attendees will leave with practical ideas for influencing leaders and ensuring occupational health is designed into workplaces rather than added as an afterthought. ♥



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