

## Rethinking Burnout Forum from 16th-17th May. Starts 15th May at 17.30

Venue: Hotel Rougemont in Rougemont (VD)

(Dress code: casual – light outdoor walking is included as part of the program)

The Rethinking Burnout Forum will enable participants to:

- Build the link between healthy performance and organisational success.
- Learn from examples of high-performance and recovery management in sports.
- Understand the role of leaders as models for themselves and others.
- Leverage and reflect the new skillset for high performing leaders and organizations.

### 15th May | Kick-off and Welcome around fire.

17.30-19.00 Human Function Curve: The Core in Rethinking Burnout.  
Identify inhibiting stressors, challenges signs and underlying causes.  
Team-work activity and presentation of findings with feedback from

- *Chris Christiansson and Frode Hvaring*

19.30 Dinner at restaurant Valrose

### 16th May | The Challenges of High-Performance

8.15 -8.45 Setting the Stage for Sustainable Healthy Performance

- *Chris Christiansson*

08.45 -10.15 Consider business athletes: what can we learn from athletes?

Interactive session that will challenge the participants own processes; How do you transform underperformance, a lack of energy and fatigue into high performance energy with stamina, strength, efficiency and capability to deliver on demand challenges?

- *Dr Boris Gojanovic*

10.15 -10.30 Break

10.30 -11.45 How's Your Breathing and Heart Rate Variability? Myths and facts about what's good, why it matters so much and how you can make a difference in your life, relationships, health and performance with one effective technique.

The essence of breathing in relation to performance and how it affects us profoundly when it is deregulated.

- Fascinating demonstration with a biofeedback device and self-training.
- *Dr Bob Whitehouse*

11.45-12.45 Boosting Energy in Body and Mind: Active Breath Walking introduction and refreshing practice.

- *AnneRita Bretschy*

12.45-13.45 Lunch

13.45-14.00	Setting the Stage <ul style="list-style-type: none"> <li>• <i>Chris Christiansson</i></li> </ul>
14.00-15.00	Neuroscience technology and cognitive functioning to boost healthy performance and productivity by improving spatial memory, increased cognitive functioning, task performance and stress relief reducing anxiety and fatigue. <ul style="list-style-type: none"> <li>• Self-training from a ground-breaking device demo.</li> <li>• <i>Dr Nickolai Vysokov</i></li> </ul>
15.00-15.30	Active Break with refreshing breathing practice – with AnneRita Bretschy
15.30-16.30	Leading in 2024 - Capabilities and the X-factor - The seagull manager paradox. New skillset for leaders and beyond. <p>Team-work activity – make new business athletes’ skills part of it.</p> <p><i>Frode Hvaring</i></p>
16.30-17.45	Develop excellence at work, boost healthy performance in your team, broaden their opportunities, anticipate underlying job stress causes and hidden fragility into productivity. <p>Teamwork activity – Overcome challenges with strategies for success.</p> <p><i>Frode Hvaring</i></p>
17.45-18.00	Break
18.00-19.15	Keynote discussion: The Way to Excellence - monitor early signs of fatigue and antifragility. <p><i>Jean-Pierre Egger and Dano Halsall in discussion with Chris Christiansson</i></p>
19.30	Dinner

## 17<sup>th</sup> May | Developing customized tools for optimal performance

8.15-8.45 Setting the Stage – What do you do to stay on top?

*Chris Christiansson*

8.45-9.30 The adverse effect of pushing harder: self-sabotage and performance decline.

*Dr Bob Whitehouse*

9.30-10.00 Active Break with Benoit Vendeville

10.00-11.45 Matching your company and personal development needs.

Rotating group sessions:

1. The BrainPatch - vagus nerve stimulation to reverse emotional burnout risks. *Dr Nickolai Vysokov*

2. Capnotraining - coherence breathing - optimal state of healthy performance - self-regulation.

*Dr Bob Whitehouse*

3. Breaking new grounds by rethinking burnout.

*Chris Christiansson*

11.45-12.45 Active walking with Benoit Vendeville

12.45-13.30 Lunch

13.30-14.15 Techno stress - The Hidden Shadow in the Workplace.

*Chris Christiansson*

14.15-14.30 Active Break with Benoit Vendeville

14.30-15.30 Speaking freely - Developing a human-central strategy for sustainable healthy performance in an organisation to anticipate early burnout and increase productivity.

*Chris Christiansson*

15.30-16.00 Takeaways and closing remarks.

*Chris Christiansson*

**Takeaway for participants** | You will leave with a rich toolkit and invaluable package in your hand that will help you to present a Rethinking Burnout strategy at your organization, to prevent early burnout and to help the business to thrive moving forward.

- A handout of the key points.
- The book – Twoo Early Burnout – featuring practical steps based on real-life experiences with clients detailing how we helped them to move out of early burnout.
- Post-program experience;

- The Personal Dynamic Inventory with coaching sessions.
- The Human Capital Alignment Checklist
- The Flow Test - a 360 exploration of your strength and ability to perform?
- Special program discounts for you or your organization.

#### **Program and location |**

- Wednesday 15th May (Kick-off Introduction & Get-together dinner, from 17h30)
- Thursday 16th May (Full Day)
- Friday 17<sup>th</sup> May (Full Day, with close up at 16h15)

Forum Venue: Hotel Rougemont & SPA, Rougemont (VD)

**Registration Fee |** Includes accommodation, participation in all the sessions and workshops, lunch, coffee breaks, and dinners during the forum.

➤ Special introductory offer Wednesday to Friday : **CHF 1'495.-** excl. VAT if you reserve before **30th of April**.

**Early bird! - If you reserve your seat before 25th April, you get a special 10% discount on your registration fee!**

To make the Forum as interactive as possible, we aim to have around 25 participants. The forum will be held in English.

**Sign up for the forum now, as registrations will be confirmed on a first-come, first-served basis!**

## **About the speakers**



#### **Frode Hvaring**

Managing Director, [www.noveliasa.ch](http://www.noveliasa.ch),

Visiting Lecturer, [www.ehl.ch](http://www.ehl.ch) and [www.hesge.ch](http://www.hesge.ch)

Frode is an international Leadership, Culture and Talent Expert. He held various regional and global roles as COO and CHRO in employer lobbying, Swiss banking, power industry; media organisations; technology scale-ups; e-mobility and higher education.

As Managing Director at Novelia SA, a leading provider of Assessment Centres in Switzerland, Frode helps companies to make the best choices for executive staffing and for development of top talent.

## 2 quotes from Frode why you should attend the Rethinking Burnout Forum:

My quote 1: Come and measure the impact of good prevention, with an ideal mix of tools and methods.

My quote 2: By taking advantage of the intersection between humans and AI, we can really prevent burnouts upstream, in the long term.



### Dr Boris Gojanovic

- Specialist in Internal medicine (FMH) and sports & exercise medicine (SEMS).
- President of Sport & Exercise Medicine Switzerland.
- Health & Performance medical director at La Tour Swiss Olympic Medical Center (Geneva).

Boris is a former elite basketball player for Switzerland and has finished marathons and Ironman triathlons. The concept of «Health for Performance» is driving his work with athletes and patients alike.



### Dr Bob Whitehouse

Psychologist, biofeedback specialist, emeritus professor of psychology, and former sport and performance psychology university instructor, as well as presenter/consultant, in Boulder, Colorado. He specializes in the use of Heart Rate Variability and Capnometry biofeedback for performance enhancement and health, lifestyle, and stress management. His motto is OPT for the B.E.S.T which is Optimal Performance Training for the Body, Emotions, Spirit and Thoughts.

Bob have been a leader in the biofeedback movement and severed as a board member of the Association for Applied Psychophysiology and Biofeedback and for over 10 years he was part of the Insurance and Legislative Chair.



### **Anne Rita Brietschy**

FSP Psychologist, mental coach, corporate trainer, former high-level athlete, equestrian, Oxygen Advantage breathing coach, certified Equicoach.

Personal accomplishment for each individual, incorporating both well-being and success! In a society constantly generating more demands and requiring more adaptations, the focus on performance frequently comes at the cost of both physical and mental well-being.

As a former elite athlete, I realized the importance of training the mind while taking care of your physical and mental health. High-level healthy performance, daily goals, adversity regardless of the situation, instead of resisting it, the invitation is to learn to welcome and regulate it by enhancing your understanding of how it operates, its causes, its purpose, and what it reveals about you.



### **Dr Nickolai Vysokov**

Nickolai is a neuroscientist with a PhD in Cellular Neuroscience from Imperial College London. His diverse experience ranges from manufacturing neural stem cells to studying electrophysiological responses of fully formed neural circuits.

A ground-up approach to studying the nerve cells and nervous systems in our bodies led him and his team at BrainPatch to develop a platform technology that is capable of tapping into the "relaxation" (parasympathetic) nervous system of our bodies through a consumer-friendly vagus nerve stimulation headset.

The Brainpaatch a facinating device that helps user switch from anxiety to calm in just 3 minuites stimulating the vagus nerve.

**Benoit Vedeville**

Bachelor in sport science – European diploma in strength and conditioning  
Qualified senior Performance coach.

As an expert in strength and conditioning for elite athletes and a performance coach for senior executives, my added value at the forum on rethinking burnout and managing the speed of life would be significant. Here's why: Holistic approach to well-being. Stress management techniques. Goal setting and motivation strategies. Resilience-building practices. Individualized approach.

Overall, my dual expertise in strength and conditioning for elite athletes and performance coaching for senior executives uniquely positions me to offer valuable insights and practical strategies for addressing burnout and managing the speed of life effectively.

**Jean-Pierre Egger**

Coach, trainer, consultant, two Olympics Games and 2020 Swiss Sport Award winner.

Jean-Pierre devoted his life to sport. Trained as a schoolteacher and physical education teacher, he distinguished himself both as a top-level athlete and in his role as coach, in which he led numerous top-level athletes and teams to the top of their game. His great successes opened the doors to numerous universities, institutions and national and international sports federations. Today, he still regularly directs and leads training seminars for corporate executives based on the path to excellence he developed. Highly praised by his peers, in December 2020 he was awarded the prize for the best trainer of the last 70 years. As a passionate advocate of multidisciplinary and interdisciplinary teaching methods, I have high expectations of this forum.



### **Dano Halsall**

Swimming World Champion and Record Holder, Coach, Trainer and Speaker

By sharing my career path as a champion athlete, my reconversion as an entrepreneur, my chronic pain, my burnout. How did I get back on my feet and why did I start my new business?

In my talk I will motivate and inspire you to take action to take care of yourself, optimize your healthy performance in a sustainable way and realize your full potential.

My journey as a champion, entrepreneur and chronic pain resilient. How sport has been my school of life and how I've achieved excellence. The best routines used by champions to perform sustainably. We have much to learn from champions because we are champions in our own lives. My burnout, my period of suffering and the lessons I learned. How I got back on my feet thanks to the fundamentals of elite sport. My daily exercises to optimize my well-being and performance: breathing, visualization and relaxation techniques. Scientifically proven, highly effective techniques for managing stress and preventing burnout.

The essence of what we do at ARA: Active Recovery Academy



### **Chris Christiansson**

Chris is an expert in human health training, behavioural physiology and breathing therapy (Capnotrainer). Harvard educated and Professional School of Behavioural Health Sciences, he has conducted workshops training for 5,000+ corporate executives and managers to develop sustainable healthy performance, improve stress resilience, avoid fatigue, burnout, and workplace health issues. Chris is a subject matter expert, born in Stockholm, and is a former skiing athlete, a keen writer and speaker.

Chris has a profound understanding of how physiological fatigue and mental health (or maladaptive behavioral physiology patterns) has become over the last 30 years an epidemic problem in the industrial world where performance, pressure and speed are part of most people's lives, driving them from doing more with less and in a race to a never-ending finish line.



Body, mind and emotions enter into a state of being overly activated with no time for recovery. People accept living in a state of overuse, an abnormal pattern that has become the norm and, when prolonged, results in chronic fatigue, exhaustion, depression and burnout.

Chris will speak during the Forum about **Over-effort syndrome (OES)**, an approach to early burnout. **OES is a similarity to Over-training syndrome (OTS)** occurs when an athlete doesn't adequately recover after repetitive intense training. Side effects of this can include prolonged general fatigue, increased tension, depression, anger and confusion, inability to relax, poor quality sleep and lack of energy with decreased motivation and engagement.