

## WFF APAC: From Burnout to Balance

September 6, 2024



Women in Fund Finance APAC is excited to invite you to the upcoming wellness workshop on September 11, where they are co-hosting with Moody's in Hong Kong.

With the presence of a wellness coach, the event seeks to enhance wellbeing, productivity, and overall quality of life, by enabling participants to better manage stress and avoid the pitfalls of burnout.

The workshop will include:

- A short overview of resilience versus burnout using a five-pillar model of how stress affects us
- A brief sharing of the trainer's, Brian Henderson, personal experience of burnout
- Practical learning experiences - as many of the following as time allows:
  1. Relaxing movement – chair or standing yoga
  2. Breath work to find balance and calm
  3. Mindfulness of thoughts with visualization
  4. Reframing negative thoughts – small group discussion
  5. Gratitude practice – small group discussion

### Event Details

Date: Wednesday, September 11th, 2024

Time: 12:15 PM - 1:30 PM

Location: Singapore & Sydney room, Moody's Ratings, 24/F, One Pacific Place, 88 Queensway, Admiralty, Hong Kong

Light lunch and tea will be provided.

As we explore gentle poses during our wellness event, we recommend wearing comfortable clothes and shoes for easy movement. Please note, registration is open on a first-come, first-served basis.

Register [here](#).