

Bulletproof People - Fatigue & Energy Management Course Outline



FOCUS: Establishing the impacts fatigue and energy can have on quality, safety & productivity outcomes in both our personal and professional lives.

LENGTH: 3 options

- 1 hr Awareness session
- 4 hr Workshop
- Customised program

GROUP SIZE: 10-20 (Larger groups may require extra facilitators).

METHOD:  Personal reflection  Pairs collaboration  Group think & action

AWARENESS

1. Tired vs Fatigued vs Exhausted.
2. Impacts on Brain & Body.
3. What can and can't we control?

IDENTIFY

1. OH&S Compliance.
2. 'The Fatigue Guide'.
3. Energy Trio
 - Stress (Physical & Mental)
 - Fuel
 - Hydration

FUTURE

1. Addressing the culture.
2. Looking out for each other.
3. Personal responsibility.

TRANSFORM

1. "Fatigue Prevention Coach" - building a fatigue management plan for before, during and after work.
2. Energy roadblocks.
3. Practical 'Fatigue busters'.