# "Managing mental load – escape the treadmill"

**Instructor**:
Sandra Leonhardt
Löwenherztraining (https://www.loewenherztraining.de/)

**Date**: 29th November 2024

**Time** (Are breaks included?):
- 10am – 5pm
- 1 coffee break in the morning (15 mins)
- 1 hour lunch break
- 1 coffee break in the afternoon (15 mins)

**Location/online platform**:
tba

**Short abstract with content covered during workshop/Training** (5–7 sentences about the content):

Unspoken expectations from others or the lack of clearly articulated requests for help on our part can easily turn into a mental workload, which becomes increasingly difficult to handle over time.

*"If only you had said something...!"*
*"But you always do that... don't you?"*

In this interactive workshop, participants will have the opportunity to understand the concept of *mental load* and explore its effects. Throughout the seminar, participants will examine practical and actionable strategies that can help them gain more mental space in the future. Note: Mental load is often associated with motherhood and related responsibilities. However, this seminar focuses on mental load of all kinds!

**Goals:** Together with the trainer & systemic coach, participants will develop practical strategies and concrete solutions to reduce their mental workload and improve their work-life balance in the future.

**Content:**

- Questioning beliefs and internal drivers
- Reality check: Verifying the accuracy of personal assumptions
- What drains and what replenishes my energy tank?
- Managing others' expectations and clearly articulating requests
- Organizing and managing mental load: examining concrete tools

**Previous experience** (Any experiences required by the participants for participation?):
none ☺

**What you need to participate in the course** (Any requirements of the participants for participation, e.g. software?):
No material or pre-knowledge necessary, but be prepared for a very interactive seminar and fun working on flipcharts rather than watching PowerPoint slides. Bring along lots of examples concerning mental load (from private or professional background)

**Maximum number of participants**:
10

**Registration deadline** (date):
2 weeks ahead of workshop