COURSE SYLLABUS

Resilient Leadership: Managing Stress and Burnout in Public Service (Self-Paced)

Leadership resilience in the public sector focuses on managing stress, maintaining well-being, and fostering healthier workplace cultures in demanding government environments. It explores the challenges that contribute to burnout and the strategies leaders can use to support both themselves and their teams.

> Group classes (Live Online) and onsite training are available for this course. For more information, email onsite@graduateschool.edu or visit: https://www.graduateschool.edu/courses/resilient-leadership-managing-stress-and-burnout-in-public-service-self-paced



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Course Outline

Module 1: Stress and Burnout in Public Service

- Why public-sector burnout looks different

- Stages of burnout and early warning signs

- Reflection: Where am I on the spectrum?

Module 2: Personal Resilience Practices

- Recovery, rest, and energy management

- Boundaries that hold up under mission pressure

- Activity: Design your weekly recovery routine

Module 3: Leading a Resilient Team

- Workload, clarity, and the leader's role in stress

- Modeling healthy behaviors without performing them

- Activity: Audit your team's stress drivers

Module 4: Supportive Conversations with Employees

- Noticing without diagnosing

- Referrals, EAP, and knowing your limits

- Practice: A check-in conversation script

Module 5: Capstone — Your Resilience Plan

- Capstone Activity: Personal + team resilience plan

- Closing: Sustaining the practice