COURSE SYLLABUS

Resilient Leadership: Managing Stress and Burnout in Public Service

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



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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