



MINDFULNESS FOR BURNOUT

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MINDFULNESS FOR BURNOUT

Accredited program for stress management, resilience enhancement, and maintaining inner balance

ABOUT THE PROGRAM

Mindfulness for Burnout I is an accredited educational program created in response to the growing need to preserve mental health in today's world. It is designed for those exposed to chronic stress, internal conflicts, loss of focus, diminished sense of self-worth, or exhaustion caused by continuous giving without renewal.

The program is equally effective for individuals, teams, and organizations. It is tailored for those new to mindfulness practice and those seeking a deeper capacity for inner stability.

The program is led by Ivana Boric Mindfulness Master Trainer

Ivana Boric is a Mindfulness Master Trainer with years of experience in applying mindfulness techniques to improve mental health, emotional resilience, and achieve inner balance. Through her training, Ivana helps participants develop a deep awareness of themselves, recognize internal blocks, and build emotional strength to face everyday challenges.

As an accredited trainer, Ivana guides participants through carefully designed techniques that integrate mindfulness with advanced self-help methods, providing ongoing support and leadership throughout the process of personal transformation.

WHO IS THIS PROGRAM FOR?

This program is for:

- Professionals and leaders exposed to high demands
- Parents, caregivers, and those responsible for others
- Individuals facing emotional conflicts, self-doubt, and declining motivation
- Those who feel "always available," yet increasingly disconnected
- Anyone seeking to improve their life–work balance, relationships, communication, and self-relationship
- No prior mindfulness experience is required – the program is clear, structured, and guides participants step-by-step.



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WHY MINDFULNESS AS AN APPROACH?

Mindfulness is the skill of presence — the ability to be aware, connected, and stable in the moment in which life happens. In the context of burnout, mindfulness:

- Reduces reactivity and automatic behavioral patterns
- Increases emotional resilience and awareness of personal boundaries
- Strengthens the capacity to make clear and calm decisions
- Connects mind and body in regeneration and regulation processes
- Facilitates shifting focus from external demands to internal orientation and balance
- Numerous studies confirm its positive impact on reducing anxiety, depression, exhaustion, and cognitive burnout.

PROGRAM OUTCOMES

Upon completing the program, participants will:

- Recognize and stop the early signs of burnout
- Master techniques that increase resilience and reduce stress
- Develop daily mindfulness routines that support balance
- Clearly communicate their needs and establish healthy boundaries
- Experience increased inner peace, presence, and energy for change
- Achieve a sustainable life–work balance that includes self-care

METHODOLOGY AND TECHNIQUES INCLUDED IN THE PROGRAM

The program is delivered through five thematic modules (20 hours total), with an additional 3 weeks of post-program support. The work integrates the following methodologies and techniques:

- Mindfulness meditation (guided, conscious breathing, body awareness)
- Somatic exercises and movements for resetting the body and nervous system
- Reflective writing and introspective work
- Emotional regulation and time management techniques
- Boundaries, communication, and presence-building exercises

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PROGRAM STRUCTURE AND OUTCOMES BY MODULE

Each module combines theoretical insights, integrated practice, and reflective methods, using validated tools from the fields of mindfulness, stress regulation, and emotional resilience.





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MODULE 1: Burnout Mechanisms and Foundations of Inner Resilience

Theoretical Foundations:

- Psychophysiology of burnout: chronic stress, nervous system dysregulation, emotional exhaustion
- Psychological factors: perfectionism, inner critic, adaptive survival patterns
- Neurobiological models and phases of burnout

Applied Methods:

- Guided body awareness (body scan)
- Self-assessment of personal burnout indicators
- Reflective exercise: mapping personal zones of depletion

Outcomes:

- Participants identify key stressors and phases of their own burnout
- Develop awareness of the causes and consequences of chronic stress
- Establish a foundation for self-observation and prevention

MODULE 2: Attention and Presence – Foundation of Neurological Stability

Theoretical Foundations:

- Mindfulness as a capacity: attention regulation, non-judgmental awareness
- Effects of mindfulness practice on the brain (prefrontal cortex, amygdala, insula)
- The role of daily micro-practices in preventing cognitive and emotional burnout

Applied Methods:

- Conscious breathing techniques
- Micro-pauses in daily activities
- Designing a personal mindful routine

Outcomes:

- Participants acquire skills for presence in everyday functioning
- Reduce automatic reactions and increase mental clarity
- Create habits that support daily balance





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MODULE 3: Emotions, Energy, and Conscious Time Management

Theoretical Foundations:

- Emotional literacy and neuro regulation
- Bioenergetic rhythms and activation–recovery balance
- Conscious relationship with time: from task management to self-care

Applied Methods:

- Elicitation and labeling of emotions
- Mapping daily energy cycles
- Breathing techniques for emotional regulation

Outcomes:

- Increase emotional self-regulation capacity
- Improve management of energetic resources
- Develop strategies to preserve energy and clarity

MODULE 4: Boundaries, Communication, and Balance in Relationships

Theoretical Foundations:

- The function of emotional boundaries
- Assertive communication
- Relationships as support or sources of pressure

Applied Methods:

- Analyzing beliefs related to setting boundaries
- Dialogues and expressing needs
- Emotional presence exercises

Outcomes:

- Greater capacity to set boundaries without guilt
- Increased authentic and calm communication
- Stability and security in relationships





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MODULE 5: Body as a Resource – Integration of Movement, Breath, and Presence

Theoretical Foundations:

- Somatic approach: the body as an entry point to regulation
- Vagus nerve and sensory integration
- The body as memory: reset through movement and breathing

Applied Methods:

- Mindful movement (somatic sequences, slow flow yoga)
- Breathing for focus
- Grounding and integration exercises

Outcomes:

- The body as a tool for self-support in stress
- Integration of mental and bodily signals for early intervention
- Return to inner stability

POST-PROGRAM SUPPORT (3 WEEKS)

- Weekly group coaching sessions
- Working materials and integration exercises
- Community for exchange and support

CERTIFICATION AND ACCREDITATION

Upon completing the program, each participant will receive:

- Certificate of Completion
- Personal License Number
- Registration with the Institutes for Mindfulness Evolving (In-Me, Berlin)

PRICE AND REGISTRATION

Price: €320

Includes:

- 5 modules (20 hours of interactive work)
- All materials and exercises for self-practice
- 3 weeks of post-program support and group coaching
- Certificate and registration

