



# Workplace strategies for mental health – Burnout response

Rahaf Kobeissi

Mental Health Coach, Trainer and Speaker, UAE

## Abstract

Burnout is characterized by emotional exhaustion, cynicism and ineffectiveness in the workplace and by chronic negative responses to stressful workplace conditions. The majority of employees experiencing burnout will remain at work, but being aware of changes in attitudes and energy can help with early identification.

## Biography

Rahaf is a certified life purpose and group coach specializing in mental health, mindfulness coaching, and personal development coaching. She encourages her clients to take action and improve their mind-set and always strives for achieving quality results. After her sessions and programs, her clients become empowered, action focused and self-motivated to achieve their goals, and developed overall satisfaction of their life. Rahaf's work now involves raising awareness on Mental Health in the Middle East, and encourage people to break the stigma and speak up on their experiences and emotions. As an enthusiastic individual, she is comfortable to push her boundaries and challenge herself physically and mentally; since the start of her own mental health journey just over 6 years ago, she has progressed from no physical activity to running 5km road races and then 11km runs, currently engaging more in road runs and in box camps.

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