

Dr Laura Walker

Consultant and Psychologist

laura@lkw.co.uk

Career Coaches - masterclass proposal

Duration: 60 minutes

THE FULFILMENT IMPERATIVE: SUSTAINING SUCCESS AND PREVENTING BURNOUT

Learning outcomes

Participants will:

- Recognise how burnout and lack of fulfilment interact.
- Understand the main drivers (predictors) of fulfilment.
- Know the six consistent features of work fulfilment.
- Gain practical actions to boost fulfilment and sustain performance for themselves and their clients.

About Laura Walker

Laura is a business psychologist, award-winning researcher and recognised specialist in organisational effectiveness and learning. She has held director-level positions across six industries, combining senior leadership experience with recent doctoral research into the psychology of work fulfilment. This blend of academic evidence and practical insight underpins the masterclass.

Cost: £350 + VAT

(Plus, travel costs if relevant)

Overview

Feeling fulfilled in work is a worthwhile aspiration for all of us, but few people truly know what work fulfilment means or what factors make the biggest difference. New evidence suggests fulfilment goes hand in hand with wellbeing and is more attainable than previously assumed.

This is an inspiring and engaging session for career practitioners and coaches who want to discover the latest evidence and ensure their clients thrive, not just survive. It can be online or in person.

Key questions

- Why are more people experiencing 'burnout'?
- How does fulfilling work contribute to sustainable success?
- What practical tools can I use to better support my clients?

Agenda

Opening (10 mins): The possibility of thriving, not just surviving

- The burnout challenge – what is really going on
- Myth-busting outdated assumptions about sustaining performance

Insight injection (25 mins): Latest evidence from psychology research

- A worthwhile aspiration for all, but not equally available
- The strongest predictors of both work fulfilment and wellbeing
- The six consistent features of work fulfilment (PEACeFuL model)

In practice (15 mins): Working with my clients

- Three evidence-based coaching tools for you to try

Next steps (10 mins): Prompted reflection and action planning

Take-away

"Fulfilment is not a wellbeing luxury. It is a human imperative for sustainable performance."
