

Dr Laura Walker

Consultant and Psychologist

laura@lkwc.co.uk

Executive 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 leadership actions to boost fulfilment and sustain performance for themselves and their teams.

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: £750-£950 + VAT
(depending on tailoring and number of sessions)

Overview

Many organisations focus on transformation, wellbeing, and performance as separate challenges. The latest evidence suggests work fulfilment is a missing link, improving motivation, resilience, and long-term performance whilst also reducing the risk of burnout.

This is an inspiring and engaging online session for executives who want to ensure their teams and organisations thrive, not just survive.

Key questions

- Why are more people experiencing 'burnout'?
- How does fulfilling work contribute to sustainable performance?
- What can leaders do practically to promote fulfilment?

Agenda

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

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- Myth-busting outdated assumptions about sustaining performance

Insight injection (20 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)

Leadership in practice (20 mins): How leaders can increase fulfilment

- Individual priorities – what can I do to benefit me and my team?
- Organisational priorities – what do we need to do systemically?

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

Take-away

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