



PROFESSIONAL DEVELOPMENT FOR WOMEN

Sustainable Careers: Wellbeing and Boundaries for Working Women

2 day course

Classroom, online or in-house

Course overview

Career advice tends to assume unlimited capacity, and the people who leave good roles are frequently not the ones who could not do the work but the ones who could no longer absorb everything attached to it. This programme addresses capacity directly. Delegates work through the demands that accumulate invisibly, including the organising, supporting and smoothing work that is expected without being recognised or rewarded. Declining that work selectively is practised, along with the phrasing that holds. Boundaries around hours, availability and response time are addressed as agreements rather than announcements. Caring responsibilities and negotiating flexibility are covered practically. Recovery is treated seriously, including sleep, recovery time and the warning signs that precede burnout. Support structures inside and outside work follow. Career pacing over decades rather than years is addressed. The programme closes on deciding what to protect and on the conversation with a manager that makes it durable.

What you will learn

- Identify the demands that accumulate without recognition
- Decline unrewarded organising work selectively and hold the position
- Set boundaries on hours and availability as agreements, not announcements
- Negotiate flexibility around caring responsibilities
- Protect recovery and recognise the signs that precede burnout
- Build support structures inside and outside work
- Pace a career over decades and make protections durable with a manager

Who should attend

- Women managing demanding roles alongside other responsibilities
- Managers responsible for team workload
- Professionals returning from or approaching burnout
- Staff in high pressure operational roles
- Human resources staff supporting wellbeing at work

Course outline

- 01 Advice that assumes unlimited capacity
- 02 Demands that accumulate invisibly
- 03 The organising work nobody counts
- 04 Declining selectively and holding it
- 05 Boundaries as agreements
- 06 Caring responsibilities and flexibility
- 07 Recovery and the warning signs
- 08 Support structures, pacing and the manager conversation

Upcoming dates



Dates	Venue	Format	Fee per delegate
8 to 9 October 2026	Durban, South Africa	Classroom	R11,950
9 to 10 December 2026	Gaborone, Botswana	Classroom	R11,950
17 to 18 December 2026	Online	Online	R6,500
18 to 19 January 2027	Harare, Zimbabwe	Classroom	USD 795

Fees and how to register

This 2 day course is **R6,500** per delegate online, **R11,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 795** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriScience.co.za, or WhatsApp us on **+27 63 479 1136**.

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