

Hosing Down Burnout

How to prevent burnout and sustain energy, focus and performance.

WELLBEING

BURNOUT

PERFORMANCE

THE KEYNOTE

Burnout is one of the biggest challenges facing modern workplaces, yet it is often misunderstood and treated as a workload problem alone. This narrow view can leave organisations addressing the symptoms while the deeper causes continue to affect energy, engagement and performance.

Hosing Down Burnout offers a fresh and deeply human perspective: burnout is not just about workload, but about how we work, how we live, and who we become under pressure.

Combining engineering thinking, behavioural science and lived experience, Ali explores the patterns that drive people into survival mode and keep them there. With a blend of powerful storytelling and practical insight, he helps audiences rethink burnout at its roots and build a more sustainable way of working, living and showing up.

YOUR AUDIENCE WILL DISCOVER

01 Patterns in how we work

How to identify work patterns that quietly increase the risk of burnout.

02 Recovery and daily rhythms

How recovery, lifestyle and daily rhythms shape sustainable performance.

03 Self-leadership under pressure

How to recognise personal patterns under pressure and respond with greater awareness.

AUDIENCE MEMBERS WILL LEAVE WITH

A practical toolkit for recognising burnout risk early, protecting their energy and sustaining performance over time.

FORMATS

Stand-alone keynote

Extends to a half or full day program

BEST SUITED TO

Association and industry conferences

Local government

Leadership summits

Staff retreats

Workforces under sustained pressure, wellbeing and safety forums

ABOUT ALI

Keynote speaker and Human Performance Engineer. Ali has addressed more than 75,000 people worldwide, delivering keynotes audiences describe as thought provoking, memorable and genuinely enjoyable. He arrived in Australia as a refugee, trained as an engineer and has led large teams for more than a decade.

- TEDx speaker
- Emerging Speaker (Kerrie Nairn) Scholarship winner, Professional Speakers Australia
- Impromptu Speaker of the Year, South Australia
- Force Forty, Department of the Premier and Cabinet
- 40 Under 40, Engineers Australia

"Incredible to listen to."

DEPARTMENT OF HUMAN SERVICES

SEE THIS KEYNOTE

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