

MANAGING SYSTEM FATIGUE



PREFERRED TRAINING
NETWORKS

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Do you find that the systems around you are making your job harder rather than easier? Having too many platforms, duplicated processes and constant updates that don't work together can quickly become frustrating.

Workplace systems are designed to make work easier. But when they become overly complex they can begin to develop unnecessary pressure, wasted time and mental fatigue. This System Fatigue training course explores why this happens and what you can do about it.

Participants will look at practical ways to manage digital overload and to work more effectively across multiple systems. Furthermore they will discover tools to reduce frustration and spot where processes could be simplified. The focus is finding realistic ways to reduce the strain and improve everyday workflow to make the work feel more manageable.

KEY COURSE CONTENT

- Recognise the common causes and signs of system fatigue
- Understand how complex systems can affect focus and wellbeing
- Identify processes that create unnecessary frustration or duplication
- Manage frustration when systems are slow or unreliable
- Recognise when workarounds are helpful or creating more problems
- Respond more calmly when technology or processes fail
- Find opportunities to simplify everyday workflows
- Build habits that reduce mental overload and frustration

NUTS AND BOLTS



Target Audience

Leaders, managers, team leaders, and employees



Duration

Available as a full-day or half-day course



Delivery

Available in-person at your organisation/venue, or virtual



Group Size

Recommended 4 to 10 participants



Resources

Participants receive a certificate of completion & a free follow-up refresher course with the original trainer

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