



Navigating Loneliness for Middle Managers

Course Description

While middle managers are one of the most populous roles within many organizations, research indicates these leaders often describe themselves as lost, isolated, torn between multiple forces, and thus, lonely.

In this workshop, participants will take a deep dive into the experience of loneliness and isolation of middle managers. Participants will gain insight into the mindset and perspectives of these leaders and will learn how to become not only management culture brokers and translators for their experiences, but also gain a toolbelt of skills around intervention and support of these critical leaders.

Course Outline

- Who are middle managers
- Common challenges faced by middle managers
 - Organizational challenges
 - Interpersonal challenges
- Actionable mindsets and practical solutions
 - Creating relationships and networks
 - Curating meaning and purpose
 - Engaging in self-care

Outcomes

- Explore organizational challenges faced by middle managers
- Explore interpersonal challenges faced by middle managers
- Learn practical solutions to navigate loneliness
- Apply actionable mindsets to curate meaning and purpose