FROGNER
PSYKOLOGKLINIKK

FOR INTERNATIONAL AND ENGLISH-SPEAKING ORGANISATIONS

Talks and workshops



Elizabeth Marie Normann

Psychologist, founder and CEO of Frogner Psykologklinikk, Oslo

Elizabeth is a half-American psychologist who gives talks and workshops in English for international and English-speaking organisations. Trained at NTNU and the University of Copenhagen, she specialises in burnout among high achievers in demanding careers.

An established voice in the Norwegian media, she has more than 21,700 followers on Instagram as **@relasjonspsykologen** and regularly appears on podcasts, radio and in the press, including **NRK**, Norway's national broadcaster, and **Aftenposten, Dagbladet, Bergens Tidende, ELLE and KK**.

TOPIC

Overfunctioning and burnout among high performers

Burnout often hits the people who say yes, take responsibility and keep delivering, until one day they can't. Elizabeth explains what overfunctioning is, and why setting boundaries is so hard when you're used to being the one who fixes things.

PARTICIPANTS COME AWAY WITH

- the language to recognise overfunctioning in themselves and in colleagues
- an understanding of the early signs of burnout
- questions to reflect on, as colleagues and as leaders

FORMAT

Talk	45–60 minutes, ideal for staff days, breakfast seminars and conferences
Workshop	A half-day session for leadership teams and other groups, with room for reflection and discussion
Suited for	High-pressure workplaces, especially those with many young employees, such as finance, consulting, law, medicine and healthcare
Language	English or Norwegian

OTHER TOPICS

Or choose your own

Self-criticism and the inner critic · People pleasing and setting boundaries · Psychology, art and the unconscious

Every session is tailored to you, and Elizabeth is happy to travel, within Norway and abroad.

1. Send an enquiry

Use the form on our website or email us. Tell us about the occasion, the number of attendees and your preferred timing.

2. We suggest a programme

We tailor the topic, format and length to you, from a short keynote to a half-day workshop.

3. You get a proposal

It includes a suggested programme and a quote, with no obligation.

GET IN TOUCH

bedrift@frognerpsykologklinikk.no

frognerpsykologklinikk.no/talks-and-workshops

Frogner Psykologklinikk
Bogstadveien 6, 0355 Oslo
Relasjonspsykologen AS, org. no. 934 501 535

Talks and workshops are educational, not therapy.