



February 15th • 11:30 a.m.
(WebEx)

Workplace burnout is at an all-time high, with one recent study reporting more than 42% of the workforce is experiencing components of burnout. This session will dive into the components of burnout, provide reflection opportunities for participants to assess their burnout levels, and provide helpful options for proactive self-care.

Participants will learn how to reflect on their inner motivation and better connect their “why” to their everyday work so they may become happier and healthier versions of themselves.

*Please note, this presentation is 45-60 minutes and is limited to 1,000 registrants.

[Register Here!](#)