

Are you Battling Burnout?

In this one-day training, we'll focus on preventing, recognizing, and addressing workplace burnout and creating a positive, healthful relationship with your work; a relationship that leaves you with both the increased capacity to perform and more job satisfaction.

You'll have the opportunity to discuss what stresses you out and puts you at risk of burning out at work – including change and uncertainty – and you'll learn strategies to build personal and professional resilience against burnout. At the end of the day, you'll leave with a personal plan of action for creating the change you most desire in your life and work.

When and Where?

January 12	Poplar Bluff	Holiday Inn
January 18	Columbia	Holiday Inn Executive Center
January 19	Trenton	Ketcham Community Center
February 15	Springfield	University Plaza Hotel

The training will begin at 9:30 a.m. and conclude by 3:30 p.m.
Lunch will be provided.



www.communityaction.org

This training is appropriate for all staff.

Meet the Trainers

Training will be conducted by Carolyn Sullivan and Mary Shackelford.

Carolyn has experience leading in both the private and non-profit sector. She launched New Chapter Coaching in 2008, which is focused on helping nonprofits achieve better results.

Mary's mission is to ignite passion for health and wellbeing in all those with whom she comes in contact. She is a respected and insightful expert in the field of wellness and stress management. She is also a registered holistic nurse with more than twenty years experience.

You will Learn

- What burnout is, how it's different from stress, and what causes it
- How to recognize burnout in yourself and your co-workers
- The 6 organizational causes of burnout and stress
- Strategies for changing how you approach your work
- Actionable strategies for addressing burnout & building resilience
- A customized plan of action for sustaining a positive relationship with work