

BEATING BURNOUT: STRATEGIES FOR STAYING PRODUCTIVE AND HEALTHY IN HIGH-PRESSURE JOBS

Employee burnout has become a growing concern, especially for helping professionals. This workshop will provide participants with strategies and tools to prevent burnout and promote employee wellness in schools and other organizations.

During the workshop, participants will learn about the signs and symptoms of burnout and how it can impact their work, personal life, and overall well-being. They will also explore effective strategies for managing stress and building resilience to prevent burnout, including time-management techniques, self-care practices, and mindfulness exercises.

By the end of the workshop, participants will have gained a deeper understanding of the causes and consequences of burnout and practical strategies for promoting well-being and preventing burnout.

Join Pensacola's educational consulting agency, Speaks 2 Inspire!

FREE to attend!

Wednesday, May 31, 11:30am - 1 pm at the Greater Pensacola Chamber,
418 W Garden St Suite 401, Pensacola, FL 32501

You must RSVP to attend: bit.ly/s2iburnout OR Scan the QR code

ABOUT SPEAKS 2 INSPIRE

Speaks 2 Inspire is an educational consulting agency that equips students with the mental and emotional tools to complete their studies.

Speaks 2 Inspire's diverse team of speakers and consultants deliver presentations, and facilitate evidence-based workshops and training that inspire individuals to seek help, support others and prioritize their well-being.

THIS EVENT IS FOR ALL HELPING PROFESSIONALS, INCLUDING:

- Educators (teachers and school staff)
- Social workers and counselors
- Non-profit leaders and staff
- Physicians
- Case managers

SCAN ME



REGISTER NOW!



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Any questions? Contact the Speaks 2 Inspire team at booking@speaks2inspire.com