



Avoid Burnout While Working Remotely

Course Description

Did you know that burnout is an official medical condition, recognized by the World Health Organization? In this fascinating workshop, you'll learn the causes of burnout, how it physically affects our brain, and how to recognize (and react) to the symptoms.

Outcomes:

- Greater awareness and consideration for the causes and treatments of burnout
- The ability to counteract burnout, both long-term and in the moment

Course Outline

- Burnout and the brain
- How to recognize where you or those around you are on the burnout spectrum
- How significant change affects burnout, and what you can do about it
- Research supported tools and techniques you can use to counteract burnout