



## BURNOUT PREVENTION WORKSHOP

**INCREASE EMPLOYEE  
WELLNESS & PRODUCTIVITY**

### ABOUT THIS WORKSHOP

In this workshop employees & managers will learn the warning signs of burnout in order to build skills to increase mental well-being and reduce workplace exhaustion.

**VIRTUAL AND  
IN-PERSON  
OFFERINGS AVAILABLE**

### OUR METHOD & STRATEGY



#### INCREASE

- Work Satisfaction
- Performance
- Engagement
- Retention



#### DECREASE

- Stress/Pressure
- Days Missed
- Mental Crises

CONTACT US TO BOOK A SESSION