



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