

BEAT BURNOUT – MAY 6TH!



8:45am-3:3pm LIVE via Zoom

Six contact hours approved by the NASW Maine Chapter

Burnout is a multifaceted problem impacting us physically and emotionally. With Pandemic, stress is worse than ever before. Find your way back to wellbeing in this 6-hour class bringing fresh ideas, action steps, key skills, and energizing momentum for immediate and tangible changes.

YOU DESERVE MORE!

This workshop is for social workers and professionals looking to personally beat burnout and gain new skills to share with clients, patients, students, team members, and supervisees. **These engaging 6 hours provide an opportunity to:**

- Identify & address energy drains
- Align key job roles & values
- Build a stress-busting toolkit
- Utilize professional boundaries
- Imagine a new healthy reality
- Build confidence & motivation
- Overcome ineffective habits

“Hannah turns the topic of burnout on its side, shifting the perspective. From this, I have increased motivation and feel I can be successful in preventing and managing my burnout.”

GET RID OF GUILT! Focus on new mind-sets to help you address the guilt & fear that inevitably pop up when managing your work stress and burnout. While breathing, meditation, yoga, and other self-care measures are essential, they are just plain insufficient to move from burnout to thriving!

COST \$199

Save \$20 by registering early through April 15!

Register >> NewApproachesME.com/workshop-registration


New Approaches