

BEAT BURNOUT - MAY 5TH!



8:45am-3:30pm LIVE via Zoom

Find your way back to well-being in this 6-hour class bringing fresh ideas, action steps, key skills, and energizing momentum for immediate and tangible changes.

*"I recommend Beat Burnout a million times over!"
"The most inspiring, energizing training in years!"
"Brilliant, inspiring, well organized."*

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 and 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

Register >> NewApproachesME.com/workshop-registration


New Approaches