

Burnout: From Exhaustion to Efficacy

Presented by:



Canadian Mental
Health Association
Ontario

Through the lens of Maslach's Three Dimensions of Burnout, participants will be exposed to the risks for and causes of burnout. Individual, evidence-based strategies for addressing burnout will be offered to show where individuals can exercise agency to regain energy, empathy, and build confidence.

LEARNING OBJECTIVES

- Define the three dimensions of burnout & their potential impact on work and life
- Identify protective factors for combating burnout
- Explore adaptive coping strategies to manage or mitigate burnout, including peer support

THURSDAY MARCH 23RD 1:30-2:30 PM VIA ZOOM

REGISTER TODAY BY EMAILING LEVERETT@WAYPOINTCENTRE.CA



Waypoint
CENTRE FOR MENTAL HEALTH CARE
CENTRE DE SOINS DE SANTÉ MENTALE

Recently, we had the honour of Your Health Space reps hosting an interactive webinar focused on Workplace Stress & Dealing with Transitions. The participation was incredible, with lots of great information and resources, so I want to share the next opportunity!

On Thursday March 23rd, they will be back to host another incredible webinar, this time, the focus is on Burnout: From Exhaustion to Efficacy.

To register for this event please reply to [I want to Register for the Burnout Webinar](#)

Managers, please consider making this a team event.

Staff, we welcome any and all participation and would love to further connect on how you can help me share with your colleagues the key messages and content.