



Extinguishing Burnout: Living a Mission, Having a Life

Sacrifice, fatigue & endless hours define just another day in healthcare. Explore influences that motivate, focus & refresh!

- + Explore why caregivers give to others beyond their personal wellness
- + Explore/reexamine your list of "Have To's" - those tasks and commitments that you feel "obliged" to do although they challenge healthy balance
- + Examine where you fit on the team.
- + Stay one step ahead of unhealthy attitudes - yours, clients & coworkers
- + Create daily opportunities for wellness, laughter and spontaneity
- + Develop your ability to experience the "gift of giving" through all the red tape

★Recommended Option

Target	Front-Line Staff	Registered Staff	Managers
	●	●	●

Schedule	1 Hr *	1½ Hr *	3 Hr *	Full Day	Multi-Day
		●	● ★	●	

*can be repeated multiple times throughout the day.

Extras	Handouts	Posters	Certificates	Info Binders
	●	●		

NOTES:

This seminar is also available as a keynote

