

**MIIA Professional Development Training**

**Energy Drainers: From Exhausted to Energized**

***Presenter:* Cally Ritter, LICSW**

**June 16, 2016**

**2:00-3:00 PM**

Today’s municipal workplace can be stressful, and there are always elements that seem to drain us even more: excel spreadsheets, difficult co-workers, longer hours.

In this webinar, we will look at techniques to revitalize ourselves on the job and find the motivation we need from within- to win

**To register:**

Please go to the following link and complete the required information:

<https://attendee.gotowebinar.com/register/4245846984219793665>

After registering, you will receive an email containing webinar access details. See you there!