

MIIA EAP Professional Development Training



Date:
Tuesday, April 11, 2023

Time:
2:00-3:00pm

Presenter:
Allan Marsh, MBA

To Register, click on below link:
<https://attendee.gotowebinar.com/register/8010337360632157019>

Recognizing and Managing Burnout

We are all at risk of experiencing compassion fatigue from the very work we do and love. We are at risk when we are caring for our own loved ones as well. Everyone feels stress, everyday! While we can't always eliminate all the pressures we face, we can be better prepared for the triggers and learn ways to manage our stress.

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