

Your Mental Health in the Workplace

Addressing Burn-Out

30-minute Webinar \$39

This course, delivered by our facilitator certified in Mental Health First Aid, provides your employees with a primer on mental health and an understanding of what it actually looks like, and strategies for bouncing back.

Delivered by webinar, this session uses tools to encourage engagement, while also respecting each individual's confidentiality.

Session 3: Addressing Burn-Out

- Burnout: What is burnout and how do we get there. -
- Bouncing back from burnout: include interviews, stories and how to bounce back or manage burnout.
- Positive psychology: Principles of positive psychology and how they can help our mental health.

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