

SKILLS TO PREVENT BURNOUT

Do you ever feel like you're stuck in a rut? Or dissatisfied with your day-to-day life? Or overwhelmed with endless To Do Lists? Congratulations! You're not a robot, you're a real life human being.

Yet just because these feelings are normal doesn't mean you're stuck with them. There are steps you can take to stave off boredom and burnout, create boundaries, invest in yourself, and add joy and meaning to your life.

Join Rachel Beohm for this interactive presentation and gain fresh perspectives and concrete tools that will add more LIFE to your life.



You'll learn:

- Obstacles that hinder your ability to manage your time and what to do about them
- Tips for cultivating curiosity and joy
- How to say "no"
- Myths about stress management that sabotage you and what to do about it
- ... and more!

**CHANGE YOUR COMMUNICATION,
CHANGE YOUR LIFE.**