WORKING THROUGH CHANGE: PREVENTING BURNOUT

Date: November 4, 2009
Time: 2:00 – 3:30
Location: Sayles-Hill Lounge

This training session addresses the issues of change in the workplace and its disorienting effect people and identifies the factors, which contribute to job stress burnout, and explores strategies for their control and/or reduction. Participants examine their own attitudes and behaviors, and develop skills, which increase "stress hardiness" -- and prevent burnout. This training session is being conducted by our Employee Assistance Program provider, The Wellness Corporation. Please contact Emily Luhman at x7471 or eluhman@carleton.edu to register.