

The IATSE, with the generous support of the Canada Performing Arts Workers Resilience Fund, is excited to offer

“Identifying and Managing Workplace Burnout

Date: Monday February 13, 2023

Time: 1:00 pm ET

Location: This is a virtual On-line course. Links will be provided to registrants prior to the training.

Think you might be suffering from burnout?

The last couple of years have taken a real toll on Workers’ well-being. You can take action and build positive strategies for resiliency and mental wellbeing. This virtual workshop will help you recognize the signs of chronic job stress. Help you understand how stress manifests in the body which can lead to chronic negative health outcomes. Gain insight into the continuum of the burnout profile and learn to master steps to complete the stress cycle while addressing job / person mismatches.

. To access this training free of charge, you must register through this link :

English: <https://tinyurl.com/IACourses2023>

Space is limited.



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