

Recognizing & Handling Burnout

Course Description

Today's workplace is more competitive and busier than ever. It is very easy for us to become stressed and experience some level of job burnout when we are expected to do more with less. This session will provide helpful information about how we can better understand what burnout is and how we can learn to overcome it.

Target Audience

This course is intended for all employees.

Course Objectives

- Define job burnout
- Discuss some major causes of workplace stress that lead to burnout
- Discuss how to save yourself and others from burnout

Course Information	
Time/Duration	2.0 hours
Cost	No cost
Schedule/Contact	Humanresources_Training@augusta.edu
To Enroll in Session:	https://train.augusta.edu

*To request a special session for your team on this topic, please submit a Service Request at [Wufoo](#).

