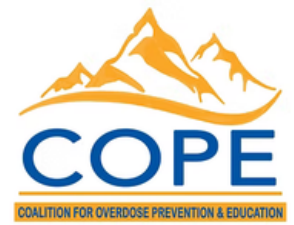




cypress resilience project



Virtual
Workshop

When Helping Hurts: Avoiding Burn-Out and Supporting Wellbeing in Our Work

This workshop will explore what happens in the brain when those in helping professions experience stress in their jobs.

To sustain the work, professionals need a plan for managing long-term exposure to these stressors that may lead to burn-out. This conversation will incorporate the development of a Wellbeing Plan of Action that we will co-create and that can support you in your work.

Monday,
September 21st
12:30 pm - 2:00 pm
Pacific Time



Register Today!

REGISTRATION LINK:

<https://us02web.zoom.us/meeting/register/LX0adtZLTyCKzcfJZHQBZO>

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