

NCS

Wednesday, June 7

8:00am – 10:00am
Instructor: Laura Lobo

DIVISION FOR WORKFORCE AFFAIRS

TRAINND SOUTHEAST

Avoid Burnout by Tending to Stress Part 1

In these troubled times, it's important to use good strategy for managing the anxieties that threaten our livelihood. As leaders in the workplace, we must also rise a level above to safeguard the wellbeing of our coworkers and employees.

■ INCREASE

- Identify warning signs of stress overload
- Identify major factors that affect motivation

YOUR

- Test and choose from stress management tactics
- Take specific actions to foster trust

ABILITY TO:

- Improve productivity with mindfulness techniques
- Model the concept of accountability