

Burnout Webinar

Staff in healthcare, social care, voluntary and the not-for-profit sectors have been put under increasing pressure due to COVID-19. This staff population is already acknowledged to be at risk of burnout.

The Here For You team will be hosting an online webinar for staff members to discuss the concept of Burnout, how to recognise the symptoms, a space for reflection on what Burnout means to you. We will consider some coping strategies and also explore ways in which to identify when more help is needed and where to access this support.

The webinar will include a presentation on Burnout and some space for reflection

This interactive webinar is suitable for all staff members who either have an interest in this topic or may be wondering how to support others who may be experiencing these difficulties.

Date: Monday 2nd August 2021

Time: 2:30 – 4pm

Eventbrite link:

<https://www.eventbrite.co.uk/e/here-for-you-burnout-webinar-tickets-164328806885>

Please contact Mags Aldridge margaret.aldridge1@nhs.net or Dr Bhavisha Dave bhavisha1.dave@nhs.net if you have any queries

N.B. A few people are experiencing problems with Internet Explorer. If this does occur, please copy and paste the Eventbrite link into Google Chrome