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March 23, 2022

10:00am - 11:00am PT

All CSU Staff & Faculty are invited to attend this **free** webcast via this [**NEW LINK**](#)



**HOW TO BEAT
BURNOUT FOR
YOURSELF,
YOUR FAMILY,
AND
COLLEAGUES**



Burnout is on the rise in the workplace, both as an observable phenomena and as a catch-all description for what workers are experiencing. But what is burnout really, and how do we either prevent it or recover from it? In this session, we will **discuss the difference between “burnout” and “worn out”, two fundamental shifts that help professionals avoid burnout, and a process to help you avoid burnout and stay fully engaged** both at work and home.

About Stanley J. Ward, PhD, ACC

Stanley J. Ward, PhD, ACC is the founder and principal at Influence Coaching, LLC. He helps thoughtful leaders reduce unproductive conflict, avoid burnout, and stop spinning their wheels so they can experience greater peace, confidence, and productivity - both at work and home. As a writer, Stan is the author of **How to Beat Burnout for Yourself, Your Family, and Your Team**, and he is the co-editor of *Ethical Leadership: A Primer*. Besides his work as a coach and author, Dr. Ward has years of experience as a professor of leadership studies and currently teaches in the department of business communication at Stevenson University.

This webcast will be recorded and available on CSU Learn

