



Occupational Burnout: The Science Behind Stress in the Workplace

Thursday, November 14, 2024 | 9:00 AM-12:15 PM
1 day training – 3.25 hours total



Click or scan the QR code to learn more and to sign up!!

Registration closes end of day Tuesday, November 12, 2024.

Certificates of attendance are only issued to those who register and attend the event.

OVERVIEW

The World Health Organization (WHO) recently declared “burnout” as an official occupational syndrome in the International Classification of Diseases (ICD-11). Whether it’s facing reductions in staffing, dealing with increasingly challenging customer issues, the stress of home life, or facing the daily depressing headlines – I think it’s safe to say that we’re all facing various degrees of burnout.

In this training, we will debunk the myths of stress and burnout. While not all stress is “bad” it’s important to recognize that when we reach a certain point the overwhelming nature of occupational stressors can take a cognitive, physical, and organizational toll. By recognizing the warning signs of burnout, we can better alleviate the consequences of occupational stress and put measures in place to help avoid it in the first place. Join us for this highly interactive and engaging workshop where attendees will break into groups and strategize together.

Learning Objectives:

- The science behind how our brain and bodies react to stress, both short-term stress as well as long-term (or chronic) stress.
- Understand the definition of occupational burnout and the factors that contribute to this type of organizational strain.
- Recognize the key components of the workplace environment that contribute to occupational burnout.
- Tips and tools for managing individual stress and burnout, as well as occupational and team pressures.
- Best practices for managing our teams and communicating clearly during times of stress, including workload planning activities that provide clarity for our teams and our organizations.

Registration is required. Don't wait to sign up for this great training opportunity!

INSTRUCTED BY

Janelle Tarasewicz, Principal Consultant, Aperture EQ

LOCATION

Virtual via Zoom; details on how to join the virtual event will be provided only to those who register. This event will not be recorded, and recording is not permitted.

AUDIENCE

Leads, supervisors, and managers.

This is a WCRP member only event, with registration limited only to officials/employees working for county government within the WCRP membership. Not sure if you're a member? Contact MemberServices@wcrp.wa.gov to find out!

FEES

Registration - WCRP Members: Free. Non-members are not permitted.

No-shows - \$25 no-show fee may be assessed for those who do not attend and do not cancel 24-hours in advance or to those who do not fully participate in this highly interactive event.

QUESTIONS? CONTACT US!

Contact the WCRP Member Services team by emailing MemberServices@wcrp.wa.gov or calling (360) 292-4490.