

# Managing Stress & Burnout in the Workplace

A NO-COST, IN-PERSON workshop open to all Employers in Contra Costa County!

**Burnout happens when people who have been highly committed to a job lose interest and motivation.**

Learn how to re-engage your employees and bring the fun back to work! Does your staff feel increased pressure at work because of changing roles, client needs, and external factors that affect job performance? When an employee feels physically and mentally overwhelmed by stress on the job they are at risk of burnout.

#### Topics that will be covered:

- Identify the causes of stress
- Identify the type of stress—good or bad
- Recognize the consequences of stress
- Recognize the warning signs of burnout
- Strategies for coping and managing stress



Approved for 1 HRCI or SHRM credit.  
See registration page for details.



Workforce  
Development Board  
Contra Costa County

## Tuesday, April 12

### 9:00 - 11:00 AM

*Networking 9:00-9:30 AM.*

*Presentation starts promptly at 9:30 AM.*

**This IN-PERSON Presentation is available at NO-COST for all Employers in Contra Costa County!**

#### LOCATION:

**Contra Costa County Workforce Development Board**  
4071 Port Chicago Hwy Suite 250, Concord, CA 94520



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Employers  
Association™  
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# Register Here!