



New Course Announcement!

Enriching Engagement and Preventing Burnout

Given the ongoing public health crisis, there has been a major shift in social and work environments that causes added pressures on individuals and organizations. This two-hour virtual workshop is designed to give staff a unique opportunity to assess personal levels of burnout and its impact on their engagement. Staff will identify contributing factors and learn strategies to mitigate them, gaining greater work-life balance and better tools to promote a sense of wellbeing.

What will you learn?

- Techniques to define expectations for working from home or in-person
- Strategies to set boundaries with others to promote productivity and community
- Approaches to improve morale and re-energize when needed

Upcoming Dates

Offerings are held live, remotely via Zoom.

February 11 | 10:00am-12:00pm

March 1 | 10:00am-12:00pm

May 18 | 10:00am-12:00pm

Enroll Now!

This class is available to Harvard benefits-eligible faculty, post-docs and staff at no cost.

Class registration deadlines are one week prior to session date.

Late-Cancellation and "No Show" Policy

Cancellations less than 3-days prior to the class, and no-show participants will incur a \$75 fee that is billed to the participant's department.

To see a complete list of courses, view our [Center for Workplace Development Course Flyer](#).