

From Tired to Inspired: Keeping Engaged and Preventing Burnout

ONLINE SEMINAR

Be proactive to limit feelings of being overwhelmed

Learn how to prevent burnout and maintain engagement in your work and personal life.

Available under Online Seminars starting 3/17/22

WEBSITE: www.myccaonline.com

COMPANY CODE: CUNY



WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL FREE: 800-833-8707

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Always Available | Free | Confidential

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