



# Occupational Burnout:

## The Science Behind Stress in the Workplace

*Join us for this 3-hour virtual workshop!*

**April 20, 2023 | 9:00am-12:00pm**

*Instructed by Janelle Tarasewicz, Principal Consultant, Aperture EQ*

**DESCRIPTION:** The World Health Organization (WHO) recently declared “burnout” as an official occupational syndrome in the International Classification of Diseases (ICD-11). After two years living through a worldwide pandemic, we are all facing seemingly insurmountable burnout. 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’ve all have had an incredible few years.

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.

### *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.

**AUDIENCE:** This workshop is designed for leads, supervisors, and managers (WCRP members only). Registration required.

**REGISTRATION CAP:** Limited to 30 attendees

### **VIRTUAL WORKSHOP EXPECTATIONS:**

- There is a high level of participation and interaction, therefore, attendees will need to join from devices with camera, microphone, and chat capabilities.
- Group attendance is not permitted for this workshop due to the interactive nature. Attendees will need to sign into the virtual event from their own devices individually.
- This workshop will not be recorded, and recording is not permitted.

**REGISTRATION & FEES:** This workshop is available to WCRP members only, at no charge. Attendees must pre-register to attend. **\$25 no-show fee may be assessed if cancellation notice is not received 24-hours prior to the workshop.** To learn more, visit [WCRP’s Registration and Fees, Invoicing and Cancellation Procedures](#) webpage.

Attendees must pre-register to attend. Register online at [www.wcrp.info](http://www.wcrp.info): Hover over the Member Services tab and click on Training to access the list of current offerings. The online registration form is accessible under each training title; select the link to be directed to the WCRP Events & Training Online Registration Form, then carefully select the event you wish to attend and complete the online form. A waitlist will be enabled when a specific training is full and we encourage you to sign up in the event of a cancellation.

### **QUESTIONS?**

Contact the WCRP Member Services team: [MemberServices@wcrp.wa.gov](mailto:MemberServices@wcrp.wa.gov) or (360) 292-4490