



Moving Through Burnout: Tips and Tools for this Unique Time

While “The Great Resignation” may seem like a passing phenomenon, it’s more complex and potentially serious than you may think. Discover what neuroscience tells us about burnout and why we need to be particularly mindful as we face the Great Resignation. Learn five investments you can implement right away as you accelerate your transformation and win the Great Resignation.

Dr. Britt Andreatta, author of *Wired to Resist*, shares some groundbreaking new research on the science of burnout and The Great Resignation. She will provide tips and tools that maximize the brain’s capacity to learn and how to actively address burnout. Leave this interactive session with new strategies for this unique time and help others do the same.

In this interactive session, you will:

- Learn how The Great Resignation is impacting organizations
- Discover the top five reasons people are quitting
- Tips on how to actively address burnout
- Identify the five investments to make now

This 75-minute keynote includes three 5-minute discussions where participants apply the concepts to their organization. With 90-minutes, this keynote can be customized to include some high-level information on how to actively address burnout.