



Manage Your Health Series

Preventing Burnout at Work

Presented by [Cincinnati Sports Club](#) and [TriHealth](#)

Tuesday, April 5, 8:30 a.m.

Registration: [Cincinnati Sports Club: Preventing Burnout at Work \(signupgenius.com\)](#)

Everyone experiences stress at work in some form. At times we manage that stress well, and other times we do not. Unmanaged feelings of chronic stress can lead to job burnout, which can affect anyone. In this presentation, you will learn how to recognize symptoms of stress and potential burnout, both personally and in your workplace. You will identify strategies to help prevent potential burnout and manage existing burnout. Participants may attend in-person at the [Cincinnati Sports Club](#) or join us virtually via a webinar link emailed prior to the program.



Laura Jackson, LISW-S, LICDC
Specialty Treatment Coordinator, TriHealth EAP

With more than 15 years' behavioral health experience, Laura's work with TriHealth EAP includes counseling, substance-use evaluations, on-call intervention, disability case management and serving as a company liaison. She obtained her undergraduate degree in Addiction Studies and a Master of Social Work degree from the University of Cincinnati.

