

# AAN EMPOWER HOUR

"LEADING THROUGH BURNOUT"



## LEADING THROUGH THE EXHAUSTION...

Amid the pandemic, many leadership professionals have become the front-line workers for their businesses. Now more than ever staff is turning to leadership for support in juggling work and family and personal stresses.

Leaders are experiencing unprecedented levels of exhaustion with cognitive overload, emotional burden and anxiety. As exhaustion snowballs, it becomes harder to make objective decisions. There is no magic trick or cure-all that can eliminate the exhaustion. It may also be unrealistic to take time off. But there are strategies you can use to find respite from the pressure.

WHEN: SEPTEMBER 9, 2021  
1:00PM -2:30 PM

WHERE: ZOOM

COST: CLASS PASS HOLDERS-FREE  
MEMBERS: \$45  
NON-MEMBERS: \$60