



LIVE WORKSHOP

Navigating Burnout with Boundaries and Self-Care



Break free from burnout

Feeling stretched too thin? Setting boundaries and prioritizing self-care can protect your well-being. In this expert-led workshop, gain practical strategies for preventing burnout and finding more balance in every part of your life.



Thursday, May 15th, 2025

Register for a time that works for you:

Session 1: 9 am PT / 12 pm ET / 4 pm UTC

Session 2: 5 pm PT / 8 pm ET / 12 am UTC

link.headspace.com/burnout-2025