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Testimonials

Recharge Yourself: Prevent Burnout Julie Lusk

Very Large Investment Corporation

100% rated the Julie Lusk's knowledge on preventing burnout was excellent or above average
91% rated her organization as excellent or above average

- I enjoyed the practical exercises and group work that focused on how to reduce burnout and stress
- This helped me with a general assessment about my level of burnout
- Thanks for the coping skills – it helped me learn how to relax
- Showed me what I can and can't control
- This session had a great balance between discussing techniques and practicing them
- I found out I am somewhat stressed, but not dangerously so
- Excellent!
- Group discussion on different personality traits was great
- This taught me the different burnout types and gave me ways to deal with it. I discovered I need to change my work life – I am a mid career coaster.