

# Work Burnout Series

New Virtual Program

This 3 week, interactive program led by EAP Coordinator, Cris Zamora, will provide information and techniques to cope with work stress, deal with compassion fatigue and strategies to improve employee-manager relationships.

This virtual program is **FREE** for City of Milwaukee employees and spouses.

- **Week 1 - Coping with Work Stress**

Learn helpful tools and strategies toward minimizing work burnout

- **Week 2 - Working with Your Boss**

Learn how to better work with your boss, gain insight into common managerial styles and learn how to best adjust for success

- **Week 3 - Compassion Fatigue**

Learn about the "Big Three" symptoms of compassion fatigue, its stages and risk characteristics

**Healthy Rewards:**

Earn 10 points if you attend 2 of the 3 sessions.

## Fall 2020 Dates

Week 1: October 6, 2020

Week 2: October 13, 2020

Week 3: October 20, 2020

## Time

12pm to 1pm

## Location

GoToWebinar

## Register

Contact Cris Zamora at [czamora@milwaukee.gov](mailto:czamora@milwaukee.gov) or 414-286-3145.

Note space is limited.

A *GoToWebinar* link will be sent out to registered participants via email for each session date.



Employee Assistance Program



City of Milwaukee EAP

**HEALTHY  
REWARDS**  
WELLNESS YOUR  
CHOICE MILWAUKEE

