



## Session Info

- ▶ November 7, 2022
- ▶ 2:00 pm – 3:00 pm

*Schedule your slot for our event from your JobQuest account!*

<https://jobquest.dcs.eol.mass.gov/jobquest/>

**Or call our center to register!  
617-661-7867**

*After scheduling, you will receive an email within 48 hours of the event, containing instructions on completing registration!*

***Please Note that Registration for this Event Closes on Nov. 4***

MassHire Programs & Services are funded in full by US Department of Labor (USDOL) Employment and Training Administration grants. Additional details furnished upon request.

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network



## Feeling Lost

### A Live Q&A on Jobseeker Burnout

*Job loss...No one's hiring...No one's calling back...  
Anxiety...Anger...Sadness...Loss of productivity...  
Losing sleep...Losing hope*

**Sound familiar? Unemployment can be a tough time but it's *not the time to give up*. Get up! Join MassHire Metro North for an impactful Q&A session on fighting Jobseeker Burnout.**

#### Discussion points:

- ✓ Why we have stress
- ✓ Counteracting negative habits
- ✓ Regaining confidence
- ✓ Finding that next job
- ✓ Avoiding burnout when you're back to work

***There is a path. MassHire can help you find it.***

**See All MassHire Metro North Career Center Events Here:**  
<https://masshiremncareers.com/>

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100 TradeCenter, Suite G-100 • Woburn, MA 01801 • 781.932.5500

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