



Webinar Info

- ▶ December 4, 2024
- ▶ 10:00 am – 11:00 am

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*

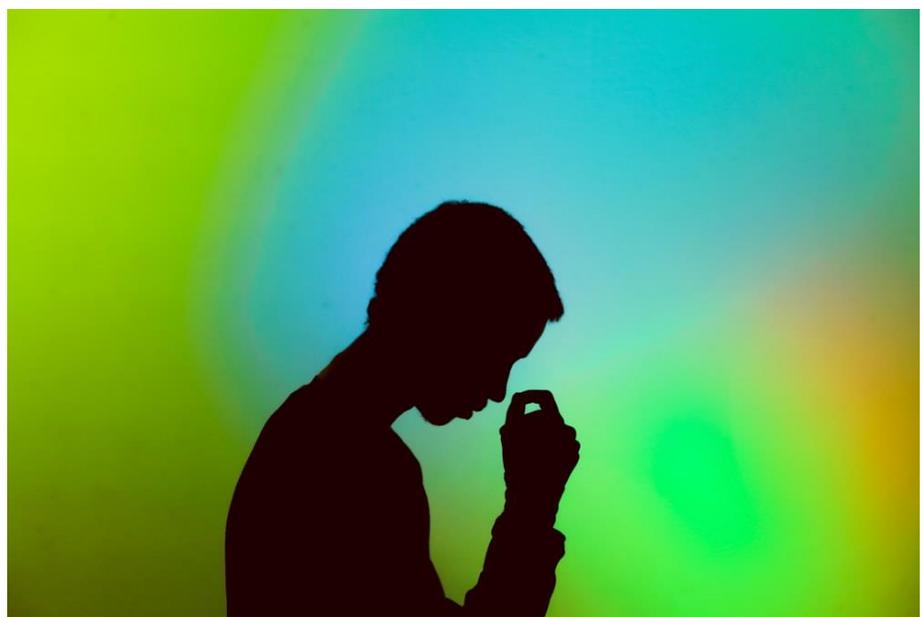
After scheduling, you will receive an email within 48 hours of the event, containing instructions on completing registration!

Please Note that Registration for this Event Closes on Dec. 3

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



Wellness in the New **Weird Normal** a webinar on **Burnout**

In job search, there's the threat of burnout. What is burnout exactly? How do we fight it? Join us.

Topics Include:

- ✓ Burnout for Jobseekers
- ✓ Work-From-Home Burnout
- ✓ The Warning Signs of Burnout
- ✓ Habit Loops
- ✓ Counteracting Jobseeker Burnout
- ✓ Dark Cloud View
- ✓ Confidence Boosting Exercises
- ✓ Avoiding Burnout *When You're Back to Work*

Burnout is not invincible. Learn the tools to help get through it.

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

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