



## Recognizing & Coping with Burnout with Dr. Bob Boudreau

- Join us for a virtual session on the past & current state of BURNOUT- APRIL 1 @ Noon

Bob will walk us through a personal measure of our own burnout levels, discuss coping strategies, and share some of his thoughts from his *e-Brief, When Pandemics Collide: Burnout and COVID-19*.

**Please pre-register at [wellness@uleth.ca](mailto:wellness@uleth.ca). The virtual meeting link along with a questionnaire, scoring instructions and e-Brief will be forwarded to you in advance of the session.**

Dr. Boudreau has been at the University of Lethbridge for 38 years and has served in a variety of roles including professor, Vice Provost, and Dean.

The book he co-authored with Bob Golembiewski, Bob Munzenrider and Huaping Luo entitled *Global burnout: A worldwide pandemic explored by the Phase Model* (1996) foreshadows the workplace of today as well as reflects his long-standing commitment to understand and explain the experience of work stress and burnout, worldwide.

**April 1 at Noon—Burnout and this session is *No April Fool's Joke!***

