

# *Preventing Job Burnout*

Description: Burnout is becoming more and more common. If you have more “bad” days than good, chances are you are a victim of burnout. Burnout can be cured if you know the warning signs and use proven techniques for preventing it.

What you will learn:

- ◆ What burnout is and the thought patterns that cause it
- ◆ Burnout warning signs
- ◆ Ways to deal with negative thought patterns
- ◆ Techniques for handling burnout

Textbooks/materials: Preventing Job Burnout (Potter)

Michigan Works  
Service Center  
Locations/Times:

***PH MC CT R***  
1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
11:00 a.m. to noon

Code: PO69 (PH)  
Code: PO70 (MC)  
Code: PO71 (CT)  
Code: PO72 (R)