

Conversations on **BURNOUT**

A six-part webinar series with
HAZEL ANDERSON TURNER



**UNDERSTANDING AND PREVENTING BURNOUT
FOR YOURSELF AND THE PEOPLE YOU WORK WITH**

Join us for a webinar series where Hazel Anderson-Turner, a Business Psychologist and Resilience Coach will be joined in conversation by other coaches who specialise in different areas related to the prevention of burnout.

Hazel and her team have been supporting Solent NHS Trust with resilience coaching through the pandemic, working with over 200 staff, giving them valuable insight into the challenges being faced in the sector. Hazel herself experienced burnout before starting her own business, so can both relate to those experiencing the symptoms of burnout and give personal as well as theoretic insight into the practices that supported her.

In each session we will be exploring both preventing burnout for yourself, and for the people you work with and lead. Within each session there will be a presentation and discussion from the presenters and then an opportunity to pose questions and have a more informal discussion about the topic.

You don't have to attend all six sessions, you can join when you can and watch the recordings in your own time. The recorded webinars can be watched in any order but we recommend you start with Webinar 1 where we will be discussing the fundamentals of burnout.

Conversations on **BURNOUT**

with Hazel Anderson Turner

Webinar 1: Being Human

Date: 13th July 22

Time: 9.30 – 10.30

Teams link: [Click here to join the meeting](#)

Webinar 2: Powerful questions

Date: 9th September 22

Time: 9.30 – 10.30

Teams link: [Click here to join the meeting](#)

Webinar 3: Connecting to our values

Date: 21st September 22

Time: 9.30 – 10.30

Teams link: [Click here to join the meeting](#)

Webinar 4: One moment at a time

Date: 12th October 22

Time: 9.30 – 10.30

Teams link: [Click here to join the meeting](#)

Webinar 5: Compassionate boundaries

Date: 9th November 22

Time: 9.30 – 10.30

Teams link: [Click here to join the meeting](#)

Webinar 6: Topic to be shaped by feedback from earlier sessions

Date: 7th December 22

Time: 9.30 – 10.30

Teams link: [Click here to join the meeting](#)