



## From Empty to Empowered - Navigating the Landscape of Burnout

**Speaker:** Kelly Williams, LMHC

**Attend virtually:** [ccemployeewellness.com/wellness-connection-1](https://ccemployeewellness.com/wellness-connection-1)

**Wed., Feb. 18 | noon - 12:30 p.m., EST**

### **Objectives:**

1. Clarify burnout and identify early warning signs
2. Recognize practical prevention and recovery skills
3. Explore special considerations for the healthcare community

**All caregivers are welcome to attend this presentation.**