



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Beating Burnout for Managers

Most of us have bad days at work but when “bad days” become weeks, you may be looking at a state of burnout. In this seminar, we’ll review what burnout looks and sounds like, and ways to discuss it openly. Then we’ll explore proactive strategies to help you get ahead of burnout... for you and for your team!

**Wednesday, May 8, 2024**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

[www.Cigna.com/EAPWebcasts](http://www.Cigna.com/EAPWebcasts)

**To view on-demand replay:** Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

**A Certificate of Attendance** is available for this presentation.

**On-demand replay** will be available starting 2 hours after the live presentation.

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