



Business



Los Angeles County
Office of Education

Employee Assistance
Service for Education

Calm: Leadership Series

Supporting our leaders by fostering individual and collective well-being.

Minimizing Stress and Burnout for Leaders

Wednesday, March 13, 2024

3:30PM - 4:30PM | ONLINE



[Registration Link](#)

Stress and burnout are something that many of us have experienced before. During this workshop, participants will learn the difference between stress and burnout, identify their stressors, and discuss ways to minimize it in their daily routines which serves as a prevention focused way to begin the new year.

Register today for our free and interactive Calm Leadership Webinar Series!

For more information, please contact the EASE office at (562) 922-6683