



www.studiomindandlearning.com

***"Very useful for the start
of the year!"***

Burnout prevention & action seminars

***Contact Sarah for more
details at
Sarah@studiomindandlearning
.com***

**INFORMATIVE, PRACTICAL AND
ENGAGING!**

**We come to your
workplace or offer small
group off-site seminars
designed to help you
understand, prevent and
take action on burnout.
Evening and weekend
seminars available.**

***"It was really helpful.
Thank you!"***