



2022 LCLD Fellows On-The-Road

VIRTUAL

THURSDAY, DECEMBER 8, 2022

MEETING AGENDA

1:45 – 2:00 PM CT **Registration**

2:00 – 4:00 PM CT **Beating Burnout at Work**
Paula Davis, Founder, Stress and Resilience Institute

Burnout has become one of the most talked about workplace topics, and its impact is far-reaching. The 24/7 pace of work, constant demands, and scant resources can easily put busy professionals on a path to burnout, a cycle that has only accelerated during the COVID-19 pandemic. Burnout affects the health and well-being of the entire organization, yet most attempts to help focus on quick-fix strategies aimed at individuals. Something is missing. In this session, Paula shares stories from her work coaching, teaching, and training leaders and teams of all sizes, and she explores:

- How she navigated her own burnout as a lawyer;
- How that led her to study burnout and launch a business with the aim of helping organizations and their employees become more resilient;
- And how teams and leaders can utilize simple, science-backed strategies to create cultures that promote resilience and well-being and reduce burnout.

4:00 – 5:00 PM CT **Reception**



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