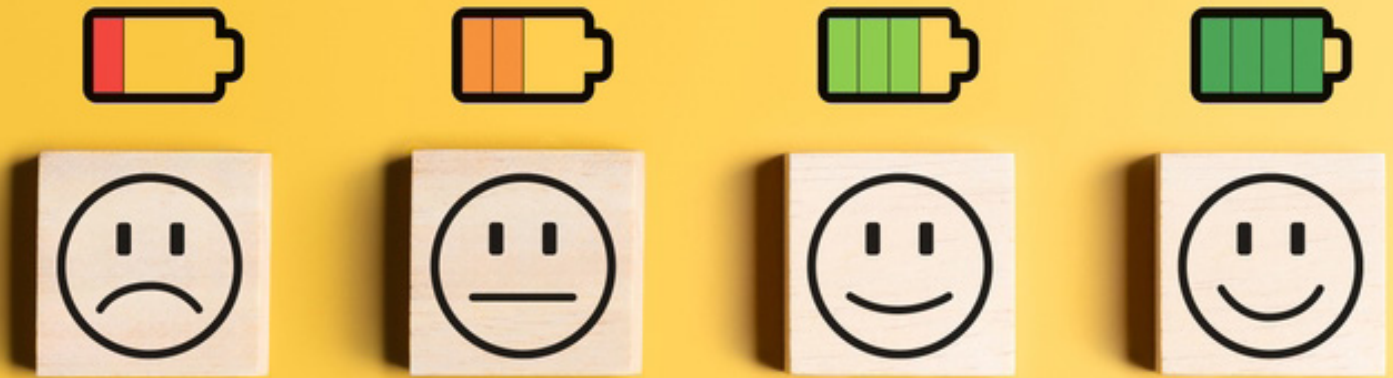


Beating Burnout



Visit the Sovereign Resource Hub and learn about...

- ✓ Spotting the signs, symptoms and common causes of burnout
- ✓ The impact of burnout on our wellbeing
- ✓ Practical techniques to help you manage burnout
- ✓ Finding the right support if you need it

sovereignresourcehub.co.uk

• webinar • support links • practical techniques



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