

AVOIDING BURNOUT



Burnout is more than exhaustion. Burnout is mental, physical and emotional and it leaves us feeling overwhelmed, hopeless, unmotivated. Unfortunately, burnout is something academics are experiencing in high numbers currently.

JOIN THE WEBINAR AND LEARN

- What is and isn't burnout?
- Why does it happen?
- What to do if it happens to you?
- What to do if you're close?
- How to avoid it in the future?

WEDNESDAY, MAY 15TH

13:00-14:30 ZOOM

Registration deadline: May 13th



<https://www.ntnu.no/mac/hform/view.php?id=1515337>

