2025 Workshop: Joint CEDAR-GEM Sessions Addressing Burnout

Long title
Joint CEDAR-GEM Sessions Addressing Burnout
CEDAR-GEM
Conveners
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Description

Zoom Meeting Link:
Join Zoom Meeting
Meeting ID: 964 4946 9158
Passcode: Sx19xJFp

Compassionate Leadership for Burnout
Leaders can have a big impact on those they lead when it comes to stress and burnout. In this workshop, we'll explore what burnout is and how it impacts individuals and organizations, then learn to have a compassionate conversation with a direct report or colleagues you suspect may be experiencing burnout.

Unraveling Burnout for Scientists
It's a challenging time to be a scientist right now, and levels of burnout are higher than ever. But what is burnout, exactly, and how does it impact us as researchers or academics? What can you do to mitigate burnout in your day-to-day work? In this workshop, we will examine what burnout is and where it comes from and then look at three lenses for mitigating the impacts of burnout on individuals: articulating purpose, leveraging connections, and creating balance.

Small Group Coaching
Coaching is a practice that stirs up creativity, fuels personal growth, and maximizes both professional and personal potential (ICF). In these small group sessions, we will explore ways to think about current workplace challenges and goals. We'll explore personal experiences with burnout and brainstorm strategies for mitigating its effects.

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