

MARCH 2022

From Tired to Inspired: Keeping Engaged and Preventing Burnout

ONLINE SEMINAR

Be proactive to limit feelings of being overwhelmed

Learn how to prevent burnout and maintain engagement in your work and personal life.

Logo, company name

Description automatically generated

LET US HELP

Visit your home page starting March 17th

WEBSITE: [www.mygroup.com](http://www.mygroup.com) >

My Portal Login > Work-Life

USERNAME: organization specific

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YOUR STUDENT ASSISTANCE PROGRAM