

You are invited to the monthly “Workforce Wednesdays” Workshop on March 22, 2023, at 11:00 am (EST):

Topic: "How to Avoid Burnout, Tune into Your Intuition, and Ignite Your Power"

Speaker: Tabitha A Scott Hosted by the Middlesex County Office of Career Opportunity.



It seems to sneak up on you: you loved your job. You found it invigorating, challenging, exciting. You looked forward to work every day. You felt appreciated and fulfilled, and it showed in your enthusiasm and your performance. And then, you hit some sort of invisible wall. Seems like suddenly, you are exhausted and irritable at work, without provocation or rationale. You struggle to maintain focus and be productive because you no longer feel a sense of purpose. Your emotions are on a hair trigger, losing your composure over insignificant things.

Nobody, no matter the field or role, is immune to **burnout**. According to the Mayo Clinic, “job burnout is a special type of work-related stress — a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity,” that may be related to depression. And while depression is a much bigger bear to wrestle, we *can* take steps to **address, manage, and prevent burnout**.

Tabitha Scott has a storied career and multiple professional certifications in electrical and human biofield studies. She is an award-winning author and speaker who helps inspire action, ignite change, and provide connection, direction, and power. With over 20 years' experience leading corporate innovation and sustainability, she was named one of the Top 10 Most Inspiring Women Leaders of 2022, is a thought leader on the 2023 Forbes Business Council, and her work was honored at the White House as part of its Energy Data Initiative.

If you:

- Find yourself increasingly impatient and irritable, especially at work,
- Have difficulty concentrating and being productive,
- Lack motivation and drive, even when you succeed,
- Feel stuck in a rut with a negative outlook about your job and career,

You may be burning out already. Don't wait until your spark is gone! Come join MCOCO and **Tabitha A. Scott** on **Wednesday, March 22nd at 11:00 am** via **Zoom** for this **free Workforce Wednesdays workshop, “How to Avoid Burnout, Tune into Your Intuition, and Ignite your Power” with Tabitha A. Scott.** [Click here or scan QR code to register!](#)



If you've missed any of our recent workshops, or if you need a refresher on one you've attended, check out the [Middlesex County Office of Career Opportunity web page](#) (just click on link)

For information about this and other upcoming events, along with other jobseeker or employer services, please call the Middlesex County Office of Career Opportunity today at 732-745-3955 (general) or 732-293-1341 (youth 16-24).

Regards,

Sandra A. Bottoni

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