

Workplace Clarity

Nina Nездoly
104-150 Maclaren Street
Ottawa, ON, CA, K2P 0L2
contact@workplaceclarity.com

Request to attend the Workplace Clarity Burnout 101 Masterclass

The Workplace Clarity Burnout 101 Masterclass will be held on _____ virtually. This masterclass offers 1.5 hours of learning designed specifically for professionals looking to build their skillsets for managing work-related stress and preventing professional burnout. I am requesting your approval to attend, as I am confident that it will positively impact my engagement at work, reduce stress, and provide strategies that I can apply immediately.

Here are four key take-aways I expect from this masterclass:

1. How to identify signs of professional burnout in myself and others within the organization.
2. Practices to effectively recover from work-related stress.
3. Strategies to mitigate overwhelm while prioritizing organizational goals.
4. Insights into organizational factors associated with burnout and strategies to address and manage these factors.

Here is an estimation of the cost for me to attend the Workplace Clarity Burnout 101 Masterclass:

- Masterclass registration: \$37.00 CAD
 - Includes the Burnout 101 Workbook
- Transportation: \$0 (virtual)
- Hotel: \$0 (virtual)
- Hours to attend the Masterclass:

Total: \$37.00 CAD

Thank you for considering this request

Signed _____

Date _____