

CULTIVATING PROFESSIONAL RESILIENCE

UNLOCKING WORKPLACE WELLBEING

Monday 16 September, 2024

Club Mount Maunganui



SUZI
McALPINE
LEADERSHIP

Author of "Beyond Burnout"



**"Beyond Burnout:
How to Spot it,
Stop it and Stamp
it out."**

Suzi McAlpine
9:00am to 12.30pm

Come to one. Come to both.

**"Using Emotional
Intelligence to
Combat Burnout"**

**Lindsey Rayner
& Kate Figgins**

1.30pm to 4.00pm



Tickets through [Humanitix](#)
Any questions: admin@lifeaplenty.nz



humanex

All proceeds go towards Life A Plenty
recuperative retreats for women