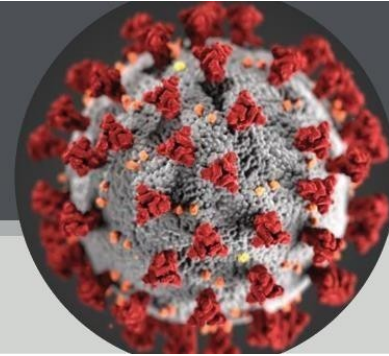


Information @ Resources

# CORONAVIRUS (COVID-19)

LeadingAge®  
Minnesota



## Covid-19 Burnout: Steps to Move Forward

### 30-Minute Webinar

Sessions available

Tuesday, December 7, 2021: 4:30 – 5 p.m.

Thursday, December 9, 2021: 4 – 4:30 p.m.

Friday, December 10, 2021: 4 – 4:30 p.m.

### Purpose

Feeling like you can't handle one more month, week, or day of COVID-19? Learn three key steps to helping yourself and your team hang on and move forward as we move into 2022 with COVID-19 still a reality in our communities.

Dr. Alyson VanAhn, a psychologist from Associated Clinic of Psychology is featured in this free webinar designed for any level of senior care staff and any type of team.

### Learning Objectives

- Recognize burnout in yourself and others.
- Learn ways to help yourself avoid or recover from burnout.
- Develop ways that your team can avoid or recover from burnout.

### Suggested Audience: Adult Day Services, Assisted Living, Care Centers, and Home Care

- Leaders
- Direct caregivers
- Clinical Staff
- Supervisors and managers
- Other interested staff

### Presenter

*Alyson VanAhn PhD LP, Psychologist, Associated Clinic of Psychology and COVID-19 Staff Coping & Support Hotline Lead, Minneapolis.* This webinar is funded by a LeadingAge MN Foundation grant through the Minnesota Department of Human Services.

### Registration

There is no cost to LeadingAge Minnesota members (only) to participate in this program. It is a benefit of membership. Please click below to register for the date you would like to attend:

- [Tuesday, December 7, 2021: 4:30 – 5 p.m.](#)
- [Thursday, December 9, 2021: 4 – 4:30 p.m.](#)
- [Friday, December 10, 2021: 4 – 4:30 p.m.](#)

Closer to the webinar you will receive the handout and another reminder on the link to participate. CEUs are not available for this webinar. Questions: Contact [Ashley Rogers](#).