Wellness Lunch and Learn Series

Burnout Breakthrough: Recognize, Revise, and Recover

Dr. Kim Hires, PhD, RN

We are excited to invite you to our upcoming Wellness Lunch and Learn session, "Burnout Breakthrough: Recognize, Revise, and Recover." This engaging webinar is intended to support individuals at different levels of leadership within the nonprofit sector and help them begin effectively addressing burnout.

Dr. Kim Hires, PhD, RN, is a global thought leader in leadership development, burnout prevention/recovery, and organizational culture. With a distinguished background spanning influential institutions including Johns Hopkins University and the National Institutes of Health, she brings unparalleled expertise to the forefront of leadership development. As an award-winning Professor and member of the HBR Advisory Council, Dr. Hires is a catalyst for growth, coaching and inspiring teams worldwide. Dr. Kim harnesses the power of wisdom and practice to drive enduring change, making her a driving force in the evolution of leadership and the future of work.

Our Wellness Lunch and Learn program is a virtual series aligned with the Nonprofit Capacity & Leadership Initiative. This program will feature changemakers from the wellness and nonprofit sectors, providing valuable insights and resources on cultivating a culture of wellness within your organizations and equipping participants with practical tools to enhance self-care while navigating the challenges of working in the nonprofit sector.

Allegany's long-term goal is for nonprofit and community organizations in Florida and their leaders to have the resources, opportunities, and capacity to thrive as they fulfill their missions.

This webinar will be recorded and added to our resource hub later.

Wednesday, January 15, 2025

11:30 am - 12:30 pm

Via Zoom

Register

For inquires, reach out to:

Director of Leadership, DEI, and Capacity Initiatives

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