



Prioritising Your Wellbeing During Times of Change



DURBAN UNIVERSITY OF TECHNOLOGY
NYUVESI YASETHEKWINI YEZOBUCHWEPESHE

EMPLOYEE WELLNESS PROGRAMME

Facilitator | **Leon Roets**

10:20

UNPACKING ACADEMIC BURNOUT TO MAINTAIN A HEALTHY AND SUCCESSFUL CAREER



[CLICK HERE](#)

to choose a date:

- 01 September 2021
- 02 September 2021
- 03 September 2021

Time:

09.30 - 11.00

Platform:

MS Teams

Prevent | Prepare | Rethink | Reorganise | Reframe | Rebalance