

THE **FUTURE OF WORK**

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CONFERENCE

Self-Management: Motivating Self while Avoiding Burnout.

October 23, 2021, 10:30-11:30 AM Pacific

INTERNATIONAL EXPERT PANEL:



Christina Guthier, Ph.D.
Burnout expert,
Organizational Psychology
Researcher, Johannes
Gutenberg University
Mainz, Germany



**Harsha Boralessa, CFA,
ACA, FCT.**
Founder & Host of the
"Reframe & Reset Your
Career" Podcast & YouTube
Channel, London, UK



**Susanna Harkonen,
MBA, Master of
Counseling**
Workplace Mental
Wellness Expert
Geneva , Switzerland

Some of us struggle to find motivation when working from home or completing major independent projects (e.g., theses or dissertations). Others drive ourselves into burnout. How do we avoid these extremes? Our expert panel can help.

Host:

Elizabeth Powell, Psy.D.
Associate Dean, Social and Behavioral Sciences, Vanguard
University of Southern California

