**Agenda**

1. **Welcome and Introductions**
2. **Virtual Learning Collaborative Presentation**

**Self-Care and Burnout Training**

Mental Health America of Greater Houston

**Presenters:**

Mr. Gustavo Molinar, Mental Health Literacy Specialist

Ms. Lauren Pursley, Training Specialist

**Overview** *(from the* [*MHA Greater Houston website*](https://mhahouston.org/training/health-literacy/)*):*

Learn more about burnout, a specific work and school related stress, which leads to loss of identity and productivity. Participants learn about the risk of burnout, how to care for oneself, treat burnout and maintain balance. Those who complete this workshop will leave with an action plan to treat their stress and care for themselves.

1. **Brief Question & Answer Opportunity**
2. **Upcoming Webinar Series Event**