

CSU's Got Talent

Live webcasts featuring innovative & essential training
for your professional and personal success!

Presented by Systemwide Learning & Development

June 18

10:00am - 11:00am PT

All CSU Staff and Faculty
are invited to [attend this
free Zoom webcast.](#)



CSULEARN

This webcast will be recorded
and available on CSU Learn,
along with other past sessions of
CSU'S Got Talent!

The Burnout Epidemic

A Candid Conversation about
Balancing Wellbeing and Performance



Feeling burnt out? Recognizing signs of burnout among your team? You are not alone! Join CSU's Got Talent on June 18 for an enlightening fireside chat with Jennifer Moss, author of "The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It." Dive into the pressing issues of workplace overwhelm, lack of support, and organizational culture challenges, and discover practical strategies for creating more sustainable work environments. Whether you're an employee struggling with burnout or a leader seeking to support your team, this conversation will provide valuable insights and actionable steps to combat the rise of chronic stress.

About Jennifer Moss

Jennifer Moss specializes in future-focused leadership development, expertly balancing employee well-being with performance. As an award-winning writer and internationally acclaimed keynote speaker, she specializes in transforming workplace culture using data-driven leadership strategies. Her latest book, *The Burnout Epidemic*, tackles employee burnout and was among the '10 Best New Management Books for 2022' by Thinkers50. Jennifer's first book, *Unlocking Happiness at Work*, kickstarted her professional speaking career. Jennifer's next book, "Why Are We Here?: Creating a Work Culture Everyone Wants," is set for release later this year.