

# AVOIDING FACULTY BURNOUT:

THE WEEKLY PLAN TO PRIORITIZE, BUILD & MAINTAIN MOMENTUM, AND EXPERIENCE TRUE WORK-LIFE BALANCE

Teaching and service can take over faculty members' lives, induce feelings of burnout, and leave little to no time for research and writing. In this workshop, faculty will develop strategies for prioritizing and building momentum for their research and writing on the day-to-day level while maintaining work-life balance along the way.

## WHAT WE COVER

- Identifying keys to a successful work week
- Discussing how research and writing goals can fit into already busy schedules
- Establishing high- priority, low-priority, and non negotiable tasks and responsibilities
- Offering participants the opportunity to map their weekly plan, and tips for when life happens

## FORMATS

Full Day Workshop (6 hours) - \$15,000\*  
Half Day Workshop (3 hours) - \$10,000\*  
Virtual Workshop (2 hours) - \$5,500

*\*Fee includes travel expenses and logistical support.*

## CONTACT

Contact us to learn more and to book a workshop today.

**Email:** [Workshops@ncfdd.org](mailto:Workshops@ncfdd.org)

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**All workshops are facilitated by tenured faculty who are NCFDD-trained and certified.**