



THE NI BUSINESS AND HUMAN RIGHTS STUDENT AMBASSADOR  
PROGRAMME AT QUEEN'S MANAGEMENT SCHOOL PRESENTS

# THE RIGHT TO BURN BRIGHT NOT BURN OUT

WEDNESDAY 2 JUNE 2021, 3.30 - 4.30 PM  
ONLINE

Work-related burnout - characterised by feelings of exhaustion, cynicism, and reduced professional ability - is becoming increasingly common. For many, the COVID-19 pandemic increased the risk of burnout by intensifying job pressures and eroding work-life balance.

Join us for an hour long webinar to discuss the key drivers of burn out, consider how we can identify it in ourselves and others, and examine steps that individuals and organisations can take to prevent - or recover from - work-related burnout. The event will feature contributions from Dr Maria Quinlan, sociologist and founder of Pink Flower Research, and Frank Liddy, Lead Mindfulness Practitioner at Inspire and co-founder of the Belfast Mindfulness Centre.

Please register for the webinar by following this [link](#).