



ALBERTA'S CPA ASSISTANCE
AND WELLNESS PROGRAM

How to Lead When You're Feeling Burned Out...

presented by Tammy Dewar, Ph.D.

Access the presentation at calliopelearning.com/talks



When it feels like you've been walking for too long ...



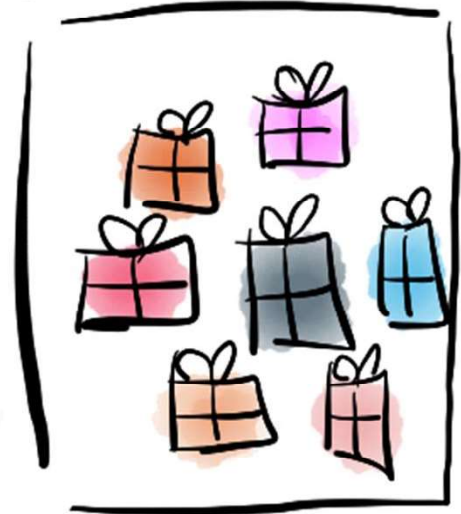




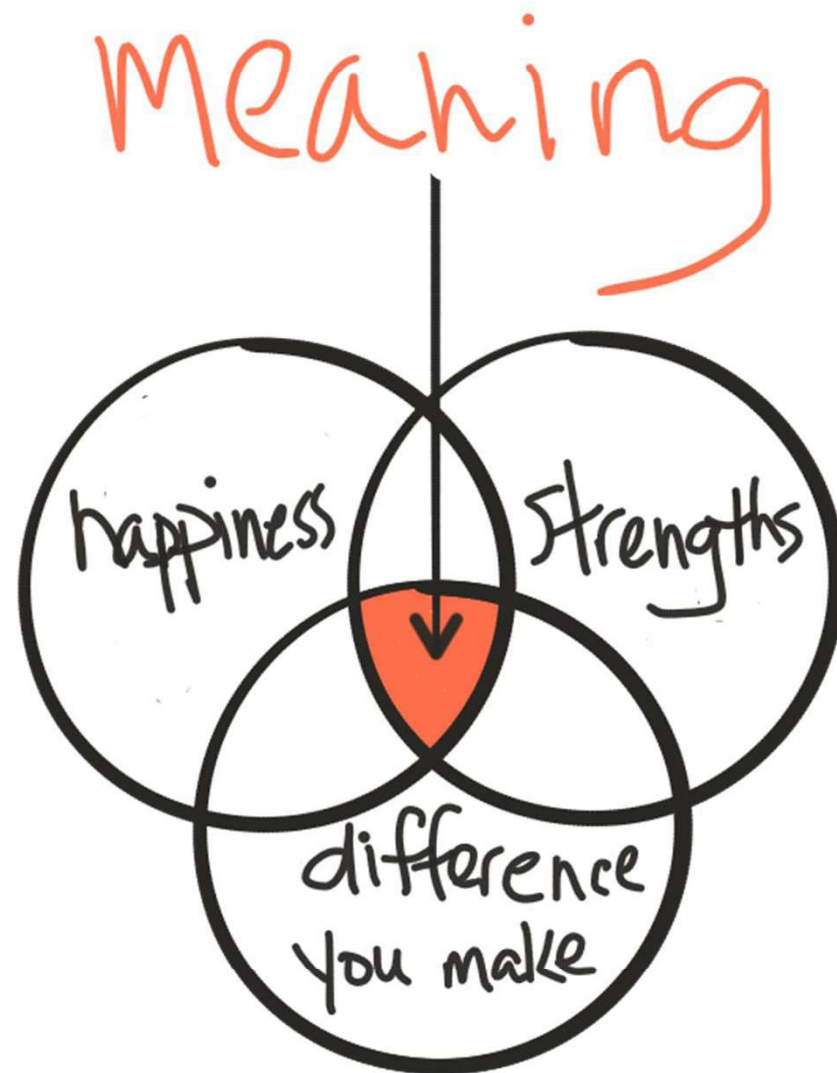
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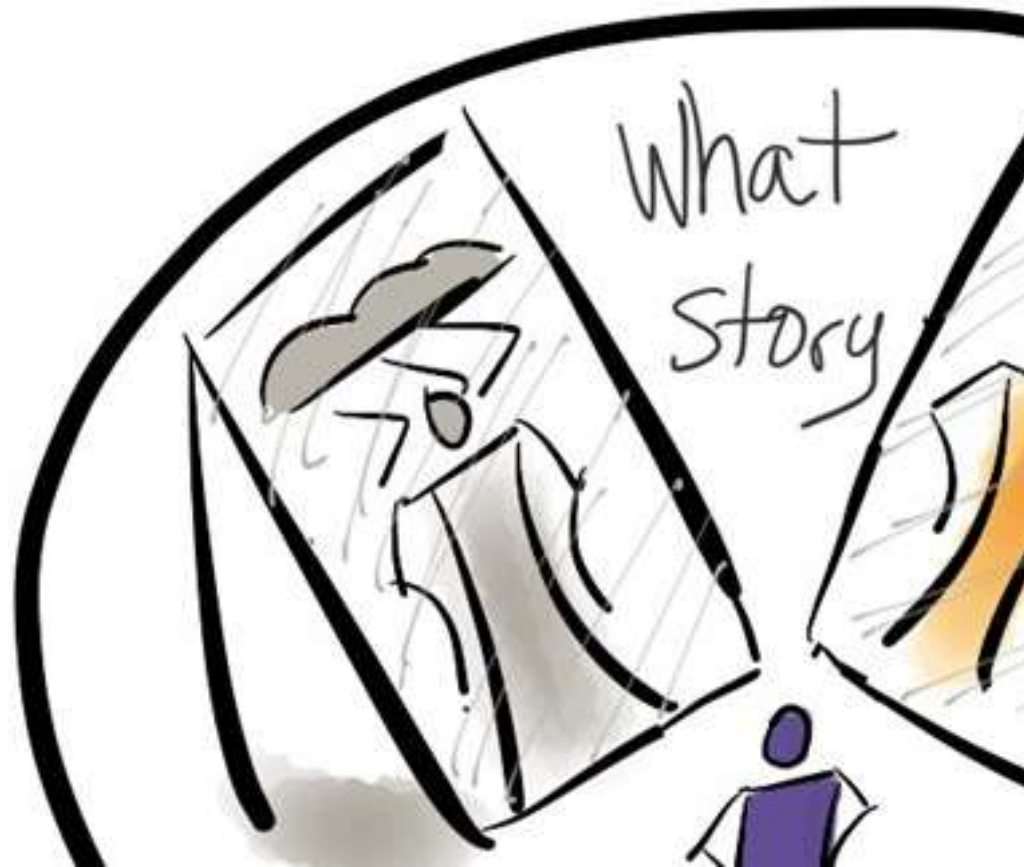
gratification



inspired by Chip Conley



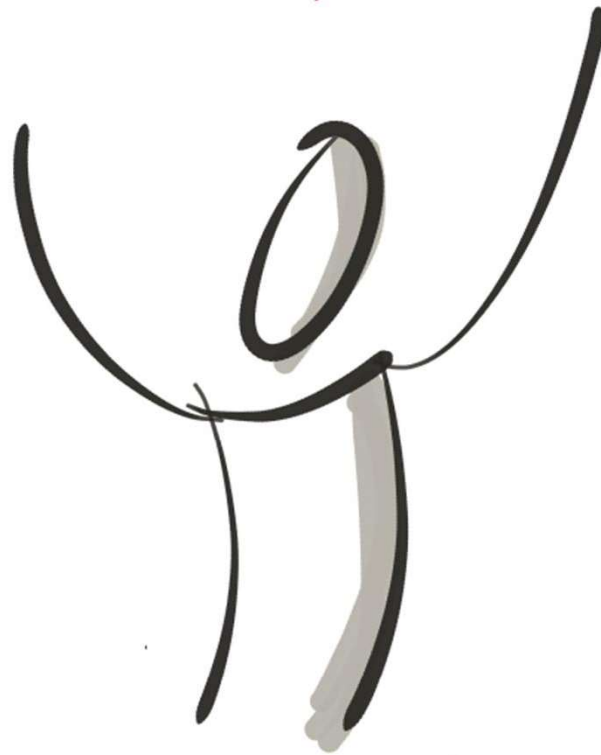
What story are you telling?



When I see mess and you see potential...



Excellent !!



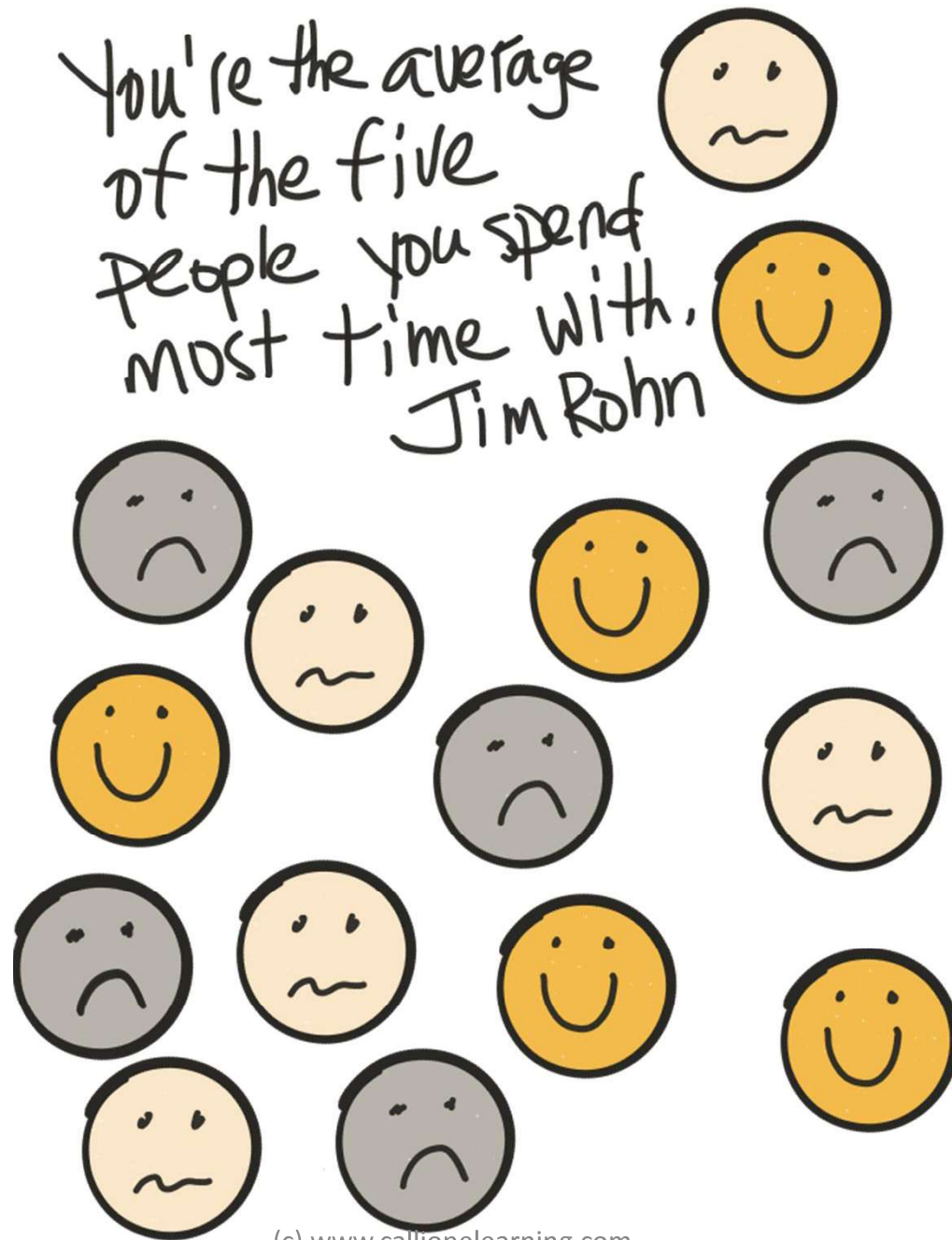
Frame your day in an intentional way



Who's in your circle?



You're the average
of the five
people you spend
most time with,
Jim Rohn

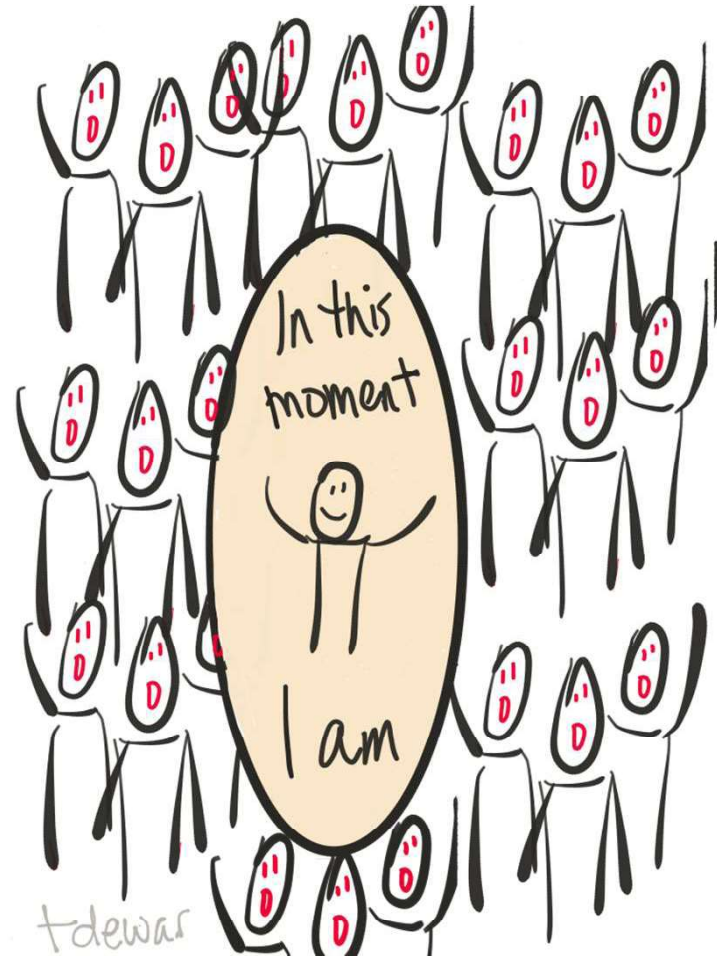


How would things be different if you fired a client?



On your network ...

- Before you diagnose yourself with depression or low self esteem, first make sure you are not, in fact, just surrounding yourself with jerks. – William Gibson





When you feel like you're drowning...



Are you the right or left jar?



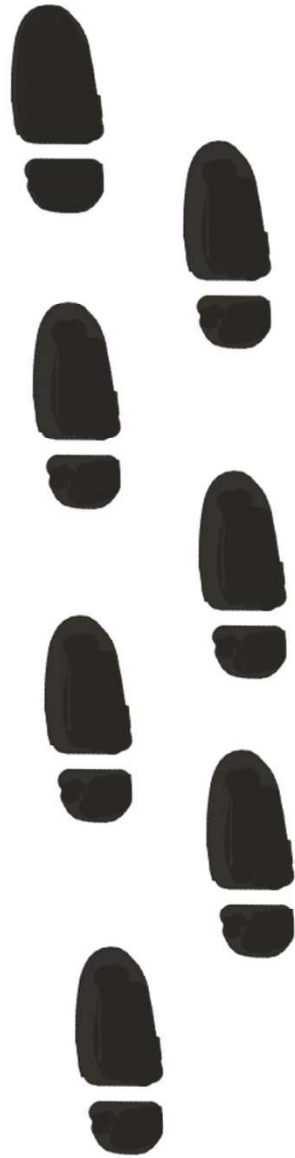


What are you
saying yes to?





Imagine
your ideal
life ...



Just
take
a
step