

BURNOUT PROOF: The VRS Interpreter's Guide to a Long and Happy Career

Presented in English or ASL

3-8 hours, 6-7 hours is optimal

Burnout is a growing problem in the VRS industry. Studies suggest that up to 75% of VIs have experienced burnout! Join me to learn simple and effective ways to become Burnout Proof and to support your colleagues in doing the same. Whether you are a current or past VRS interpreter, have never worked in a call center, or are concerned about the industry's effects on our profession, this workshop is for you. Be a part of the growing movement to reclaim our health and happiness...be Burnout Proof.

Educational Objectives

Participants will:

- Understand what burnout is & how it affects VRS interpreters.
- Learn 5 ways that they can prevent burnout.
- Commit to 3 new habits that will help to prevent burnout.
- Connect with at least one colleague to help keep them accountable.