

**Webinar Schedule for 2-Hour Presentation on
“Preventing Caregiver Burnout: 17 Suggestions for Self-Care”
Nancy L Johnston, LPC, LSATP, MAC, NCC
Monday, April 25, 2022 • 1:30pm – 3:30pm**

1:30pm	Module 1 – Who, Loss of Self, & Burnout- Part 1 (Slides 1-21)
1:50pm	Q&A
1:55pm	Module 2 – Burnout – Part 2 + Path to Well Being – Illusions (Slides 22-32)
2:20pm	Q&A
2:25-2:35pm	Break
2:35pm	Module 3 – Detaching & Boundaries (Slides 33-40)
2:55pm	Q&A
3:00pm	Module 4 – Boundaries & Spirituality (Slides 41-47)
3:15pm	Q&A
3:20pm	Summary (Slides 48-60)
3:30pm	End