



Online, Facilitated

Managing Your Workload: Navigating Pressure, Priorities, and People

This session supports participants in gaining control over how they manage time, tasks, and energy in high-demand work environments. It helps participants recognize patterns that lead to overwhelm and take early, intentional steps to prevent escalation and burnout. The session explores practical approaches to managing pressure, setting healthy boundaries, and prioritizing work effectively. Through guided reflection, frameworks, and group discussion, participants build confidence to manage workload, protect energy, and sustain focus daily.

Audience: Settlement and Integration sector workers

Session Date

February 10, 2026 | 10:00 AM – 12:00 PM (MST)

Registration period

January 23 – February 6

Click here to register: