



TARUNA
COLLEGE

Burnout - Rekindling your Flame

A workshop for anyone over-stretched
by work and life

- *Are you at the bottom of your own to-do list?*
- *Does work get more than its fair share of you?*
- *Is family and relationship time busy and hurried?*
- *Are you on a treadmill?*
- *Does it seem that there aren't any other choices for you right now?*

'Burnout' is a Thursday evening and full-day Friday workshop, designed to sensitively nurture and restore you with a range of artistically inspired activities and discussions.

Our aim is to let you have rich 'me' time as you experience Taruna's heartfelt approach: more ready for all that life is asking of you.

We can also tailor this workshop to your workplace needs - build your team and find new energy for your work.

Date: Thursday evening and
Friday all day

Cost: \$250.

For more information
See our website
www.taruna.ac.nz
or call 06 8777174