

Registration Info For:
RECHARGE to Prevent or Overcome Burnout
8-Week Online Interactive Series
(2-page registration information)

*Thank you for your interest in registering for the **RECHARGE to Prevent or Overcome Burnout** series. Below you will find registration information. If you have additional questions don't hesitate to contact me by email. I look forward to connecting with you soon! Space is limited, register early to ensure your spot is reserved.*

More about RECHARGE:

This 8-week live interactive online series will help you learn how to overcome and prevent burnout. Practical, actionable strategies will be taught and followed-up upon reliably each step of the way. You will learn how to recognize the signs along the path to burnout and how to avoid falling into the common traps. Week by week you will learn how to manage your energy effectively and safely, develop healthy connections and interests outside of work, become engaged in nurturing activities, renew your mindbody, grow through personal development, and emerge with a fresh look on life.

About the sessions:

Each weekly Zoom session will include practical strategies as well as opportunity for interaction, peer connection and support. A 30 min Q&A will follow each 90 min session. Recordings of the teachings and strategies will be available after the session for those who are unable to attend or who would like to review the content.

Testimonials

Feedback from physician participants of Dr. Kostenuik's coaching and online sessions/courses:

Thank you so much for all your help; your attitude and suggestions were extremely precious and played a huge part in our balance!

Thank you for inviting Dr Kostenuik to give us the presentation yesterday. The topic is so timely, and she is such an engaging speaker. I wish I heard the talk many years ago, that may well have prevented my burnout. It will be nice to have her back for another enlightening session.

Dr Kostenuik's mindful parenting course has been helpful on so many levels...Her simple approach, with practical tools, has helped on the personal level but also with all my human interactions. I have seen results in a very short period of time and I highly recommend her course!

RECHARGE to Prevent or Overcome Burnout
8 Weeks - Live Online Sessions by Zoom

Dates: **Oct 20 – Dec 8**, 2021, Wednesdays at 1pm-2:30pmET (plus 30 min Q&A)
Teacher/Founder: Dr. Marcia Kostenuik MD CCFP BSc

Fee: \$800 CAD

Early bird rates: \$550 before/on July 1, \$650 before/on Sep 1, 2021

(Compassionate fee reduction available, enquire by email for details)

Registration Instructions:

A. Make payment by e-transfer to: marcia@drkostenuik.com

B. Email the Following Registration Information to: marcia@drkostenuik.com

1. **Full Name** (Legal Name, other name(s) if applicable)
2. **Cell phone number** (You may receive text msg updates)
3. **Province/Country**
4. **Profession**
5. Specialty (if applicable)
6. Other areas of interest (work/other)
7. What are your main challenges?
8. Goals/What do you hope to gain from this course?
9. Indicate that you agree to the terms of agreement (see terms below)

Agreement

By registering for this online interactive series, you are agreeing to the following:

- This series is not psychotherapy or medical advice
- You are responsible for your own choices and decisions related to work, relationships, habits and lifestyle and all other aspects of your life
- The privacy of all participants will be respected
- This is an inclusive safe space for diverse participants
- You will not share legal/medical-legal, contentious, or sensitive personal information or information that could be triggering to other participants
- You will not share links or written materials with others not registered in the series
- If you require psychotherapy or other mental health support, you will contact your physician or other appropriate mental health care provider
- If the course is full at the time you register your registration fee will be refunded

*Thank you again for your interest in registering for the **RECHARGE to Prevent or Overcome Burnout** and congratulations on taking a step towards a healthier more sustainable and enjoyable life.*

Feel free to reach out with questions to marcia@drkostenuik.com. Once your e-payment is received your spot will be reserved and you will receive more information shortly thereafter.

*Wishing you well, and looking forward to seeing you soon,
-Dr. Marcia Kostenuik*