Pace Yourself: Manage Your Career to Avoid Burnout

Saturday, October 5, 2019
8:00 AM - Noon; Networking lunch provided at Noon
Seebohm Conference Room - 283 EMRB
Free to attend but limited to the first 65 registrants
To register, please fill out this form: [Pace Yourself](#)

Careers are marathons, not sprints, and in order to thrive throughout your career, you need to understand how to pace yourself. Did you know that overachievers are more likely to experience burnout? People who are driven to excel are also more likely to work long hours, over promise their time, and ignore their own needs. While this can skyrocket a career in the short term, in the long term it can lead to exhaustion, frustration, and plain old burnout. Please join us to learn more about how best to maintain a pace that will allow you to thrive.

Presented by: Cathleen Clerkin, PhD, Center for Creative Leadership

Cathleen holds a PhD in Psychology from the University of Michigan, Ann Arbor; M.S in Psychology from the University of Michigan, Ann Arbor; B.A. in Psychology from the University of California, Berkeley.

She is the manager of strategic research at the Center for Creative Leadership and creates research-based leadership tools and offers leadership presentations and workshops through CCL’s Speakers Bureau.

Cathleen is a member of the Academy of Management, the Society for Industrial and Organizational Psychology, and the International Leadership Association. She is also an Affiliated Research Scientist at the Center for Effective Organizations at the University of Southern California.