



*Mindarma*

# *How to*

**Protect against burnout  
and fatigue**

Pushing past your limits? Recognise the warning signs of burnout, discover vital self-care strategies and learn how to prioritise your wellbeing.

**Wednesday 10 April 2024  
10:30am – 11:00am (ACST)**

**Expert Speaker**

**Dr Peter Baldwin**

Clinical Psychologist, Head of Policy Research and Senior Research Fellow, Black Dog Institute (NSW)

**Moderator**

**Tasman Cassim**

Head of Partnerships, Black Dog Institute (NSW)

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