



Is It Fatigue or Is It Burnout?

Strategies for University Administrators

2:00–3:00 p.m.
Thursday, April 7, 2005

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Presents

**Is It Fatigue or
Is It Burnout?
Strategies
for University
Administrators**

**Questions? To talk to
a real person about
this seminar, call
Laurie Faure toll free
at (888) 200-4499 or
(562) 951-4403.**

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Join your colleagues via the web ... but in the privacy of your own office ... for our first “PowerTools On the Air” seminar. All you need is a high speed internet connection and audio capability (speakers) and you’re set. You don’t even need to pick up the phone.

This short seminar conducted by Dr. Barbara Kaufman is based on her research on the working habits and challenges of university administrators throughout the CSU and the country. As with all of Dr. Kaufman’s presentations, the content will be very relevant to higher education administration. She will focus briefly on symptoms and causes of burnout and fatigue followed by specific behavior-changing strategies.

Registration is limited to 50 connections.
There is no fee.

About the Presenter

Barbara Kaufman, Ph.D., is President of ROI Consulting Group, Inc. (www.roiconsultinggroup.com)

An executive coach and educator, she specializes in leadership effectiveness and organizational development strategies for private and public sector leadership teams.

How to Register

Although there is no charge to participate, we do ask that you register to receive a log-in address and a link to test your connection.

www.TheSource.calstate.edu > Seminar Registration
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**For administrators
and upper level
management only**

“...[administrators] often choose to continue pursuing a pace that ultimately leads to burnout, which negatively affects both their work and their personal lives. In fact, it is rare for these senior administrators to stop their fast-paced cycles, reflect on the goals and strategies they are creating and recognize the need to step back and use their change agent skills to improve their own work environment.”

From “An Elixir for Burnout” by Barbara Kaufman, Ph.D., in University Business Magazine, October 2004.