

# BURNOUT TO BREAKTHROUGH

*Building Resilience for Sustainable Success*



Thursday, June 10 | 9 – 10:30 AM | Hybrid

**Burnout is more than just stress**—it's a real and rising challenge for small business owners, entrepreneurs, and leaders juggling competing priorities.

In this practical, down-to-earth workshop, executive leadership coach Kiki Wilkinson will guide you through how to spot the early warning signs of burnout, develop strategies to prevent it, and equip yourself with tools to bounce back when it hits.

Drawing on her 15 years of leadership development experience—including nearly a decade shaping global teams at Airbnb—Kiki shares actionable steps and compassionate insights to help you protect your energy, sustain your passion, and reconnect with the joy of what you do.

Whether you're feeling the pressure now or just want to build better boundaries for the future, this session will help you cultivate resilience, boost clarity, and thrive both personally and professionally.



CIE HotHouse (872 Higuera St., SLO) + Zoom

Register for free at [bit.ly/ciesbdcevents](https://bit.ly/ciesbdcevents)



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