PSYCHOLOGY BUSINESS

A lecture by a psychologist
**HOW TO LAUNCH A STARTUP AND AVOID A BURNOUT?**

Sign up places are limited

Anna Chernigova
Therapist & Candidate of Sciences

Anna Chernigova

Not all startups lead to their founders’ unbelievable success. There are factors that directly influence the chance of success. One of such factors is burnout. Our speaker Anna Chernigova is a certified specialist and an expert in burnouts. Anna helps people to restore their inner integrity and become more successful. She has more than 9 years of working experience under her belt. She also possesses more than 10 efficient, modern techniques of psychology and coaching.

Anna Chernigova is a psychologist, certified therapist, Candidate of Sciences, transformational coach and the founder of International Academy of Reparation Psychology and Therapy (iARPT).

In the lecture Anna will tell you about causes and consequences of burnouts, trauma psychofunds, about seeking resources and integrating them, as well as emotional intelligence and stress prevention.

**WHAT ARE YOU GOING TO LEARN IN 1,5 HOURS?**

**Causes of burnouts**

The lecturer is going to speak about the main causes of a burnout along with trauma psychofunds and their types.

**Consequences of burnouts**

At the lecture you are going to analyze stages of stress, its symptoms and effects, as well as ability to interact and types of contact.

**Seeking resources and integrating them**

The lecturer is going to talk about methods of seeking resources and integrating them.

**Emotional intelligence and stress prevention**

The speaker is going to talk about 4 categories of emotional intelligence and stress prevention.

**Strategic session**

At the lecture the lecturer is going to explain what a strategic session is.

**HOW TO WATCH THE LECTURE**

* Sign up at your personal account and wait for a letter of confirmation to be sent to your mailbox. Subscribe to the Telegram bot that will remind you to attend the broadcast at the appointed time.
* Join the live broadcast for free, listen to the speaker and ask questions.
* If you were late for the broadcast you can always buy a record of it on our website. The record also comes with a presentation and a summary.

Date: August 15

Time: 7 p.m.

THE FREE SIGN UP TO THE LECTURE

Email
Name

Sign up