

BURNING BRIGHT OR BURNING OUT?

Presented by:
Kelly Karavousanos, LPC
Wednesday, 3.29.23, 11:30 am - 1 pm
HBA Training Room
\$25 - HBA Members
\$20 - Council Members



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This presentation will focus on how to cope with the mixed messages we receive from our culture. One message is the only way to succeed is to hustle and never stop. The other message is that we need to stop, slow down, and practice good self-care to be successful. Join us for lunch and to learn skills to balance these two messages in real life.

Questions? Contact PfeifferK@hbastl.com

Cancellations: 3 business days in advance - No shows responsible for payment



The HBA empowers members to succeed by working toward common sense building regulations, providing networking and educational opportunities, and using its power in numbers to keep the housing market strong.