

# From Exhausted to Aligned

## A Free Webinar Series for People-First Leaders

**You care deeply. You lead with heart. And you're tired.**

This series is your invitation to pause, reflect, and begin a new conversation about leadership, burnout, and what's possible when we stop pushing and start aligning.

**Webinar Topics:** Join us live on Zoom or catch the replays.



### **Burnout Is Not a Badge**

Restore your capacity as a leader without losing your impact.

*with Rebecca Morrison*



### **Disengaged But Not Done**

Find the energy to re-engage in ways that honor your health.

*with Dr. Lyle Wison*



### **Challenging the Culture of Constant Output**

Rewrite outdated workplace norms that drain people.

*with Dr. Aaron Tabacco*



### **The Turnover Tension**

Address the real reasons people leave and rebuild trust.

*with Shawn Comboy*



### **The Leader's Dilemma**

Lighten the hidden emotional and energetic load of leadership.

*with Allison Godfrey*



### **The Body Keeps the Burnout**

Release stress stored in your body and rebuild resilience.

*with Samm Smeltzer*



### **The Purpose Deficit**

Reconnect to meaning when the mission feels unclear.

*with Nancy Nicholas*



### **From Stuck to Spark**

Shift culture from drained to innovative and collaborative.

*with Amy Lynn Durham*

Presented in collaboration by:



and



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Create your free HRart Institute account and unlock:

- Full access to the From Exhausted to Aligned webinar series
- Live sessions + replays on-demand
- The Alignment Lounge community space
- Additional resources designed to support your leadership journey

*Your registration gives you instant access — free of charge.*

