

The Burnout Check-in *Black Women* NEED



[BLACKRESILIENCYRETREAT.COM](https://blackresiliencyretreat.com)

“What’s the Point?”

Why Check-in on Your Burnout

- Not Just a Checklist. It’s a Wake-Up Call
- Wondering If It’s Burnout? Start Here—You’ll Leave with Answers.
- Designed for how burnout shows up specifically for Black women
- Gain clarity on the severity of what you’re truly feeling
- Gain language to name and describe burnout in your own body and life experience
- You’ll walk away knowing your next step toward healing
- It’s short, powerful, and created just for you—not the masses.
- You’ll join the mailing list and be invited to free webinars on the topic.

www.blackresiliencyretreat.com

By completing this form, you are agreeing
to join the BRR mailing list.

We promise not to overwhelm your inbox.
If you sign up for an event, you may receive
daily reminders or steps to take leading up
to the event.

[Click Here to Access the
Burnout Check-in Form](#)



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