

# How to Deal with COVID-19 Burnout at Work



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**Time:** 9am – 10:15am PST

**Speaker:** Preston Parsons, Overholt Law

**Recording:** To access the recording of this webinar, please go [here](#). As a member of HR Insider, use discount code **HRIVIP21** to watch the recording for free on demand. All ancillary material is available as a handout with the recording.

## About the Webinar

Before 2020, the general population was not wearing face masks in public, maintaining physical distancing or washing their hands frequently. Now health experts are recommending these precautions to everyone to prevent the spread of the SARS-CoV-2 coronavirus, which causes COVID-19. And keeping up with it all can be overwhelming.

Do you feel stressed, anxious or depressed at work these days? Do your workers?

You're not alone.

A recent survey conducted by FlexJobs and Mental Health America found that 75% of people have experienced burnout at work, with 40% saying they've felt it during the pandemic specifically.

Unfortunately, unaddressed job burnout can have serious consequences for both your health and your career. And with no end to the pandemic in sight, now is the time to take preventive action.

Join Preston Parsons of Overholt Law as he discusses how to deal with COVID-19 burnout at work and gives practical and legally compliant strategies to take preventative action.

## About the Speakers

Preston Parsons is a lawyer at Overholt Law and practices in the firm's core areas of labour relations law, employment law, and human rights law. Preston

takes great care in advising both employers and employees with an emphasis on taking proactive steps to avoid problems and disputes from arising wherever possible.

Preston has experienced a wide breadth of legal practice and procedure and has appeared at the BC Court of Appeal, Supreme Court and Provincial Court for employment litigation and advocacy, mediations, and more. He has also appeared at the BC Labour Relations Board, BC Human Rights Tribunal and in federal labour arbitration proceedings. He has summered, articulated, and practiced in downtown Vancouver since 2009, first at a large regional firm and later at a boutique class action litigation firm. During his time on class action files he worked on some of the largest and most complex legal cases in Canada, an experience which makes him well suited to the management of his clients' files.

Outside of the courtroom, Preston assists clients with workplace investigations, drafting employment contracts, and advising on the enforceability of restrictive covenants including non-competition clauses. Preston also routinely advises clients on privacy law.

Away from the office, Preston is a professional figure skating coach and enjoys the arts, charities, travelling and giving back to the profession through his work with the Canadian Bar Association.