The Happy Healthy Nonprofit Fundraiser Webinar by Beth Kanter

Purchase the Book

Slides
Slides

Handouts
Burnout Assessment
Self-Care Plan Template
Self-Care Checklist
Digital Distraction Tips
The Five F's
Guide to Inclusive Walking Meetings: Strolling Meetings

Additional Reading & Resources
Self-Care Tips & Practices
Walking in the Workplace
Happy, Healthy Apps
Workplace Wellbeing