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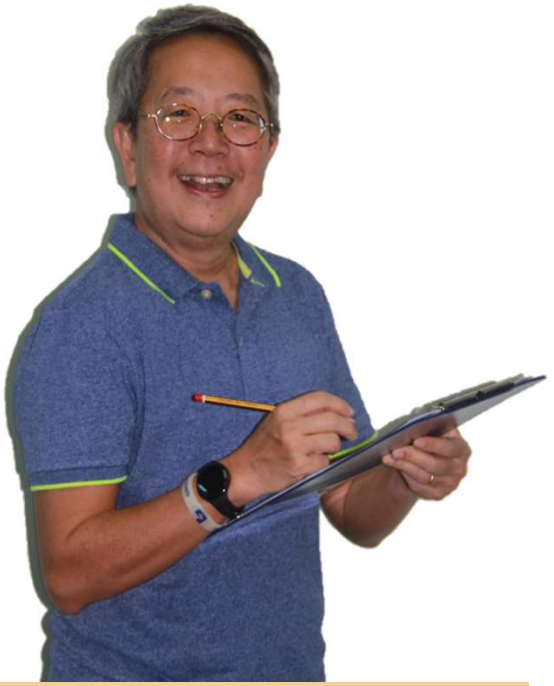
TEMASEK LIFESCIENCES LABORATORY

Burnout vs Stress
What's the Difference?

22 Sep 2022, 3pm – 4pm

TLL Auditorium

- Identify signs and symptoms of burnout
- Learn to armor yourself against burnout
- Steps to improvement if you suspect that you are suffering from burnout



Benson Soh
FHI Senior Counsellor

Speaker

Benson has more than 40 years of experience in the field of Counselling and Social Work at Singapore Children's Society, Samaritans of Singapore, Kampong Kapor Family Service Centre and Parkway Pantai. His expertise lies in the area of suicide intervention and crisis management.