
Women in Pharma Education
3:15 p.m.
Panel Discussion
Overcoming Stress and Burnout

Imagine you're running a marathon. You've trained for months, and you've made it through arduous hours of running. And then, just as you approach the 26.2 mile marker, just as you think relief and a glorious shower are ahead, you discover... oh no... it can't be... Somebody has moved the finish line. **This is what burnout feels like.**

But here's the thing: Nobody can run forever. Even if you've trained well. Even if you're wearing excellent shoes and drinking your water...**you still can't run indefinitely.** Because you're not supposed to.

In this session, **Jes Averhart** will put burnout into perspective by framing up the phenomenon and offering practical ways to interrupt the stress cycle. Our panel includes two pharma executives, **Stephenie Robertson** and **Tracy Schorner**, who will share their insight on what they are seeing in workplace culture and strategies they've used to overcome the stress cycle in their professional and personal lives.

At the end of the session, each participant will:

- Have tools to interrupt the stress cycle
- Have a filter by which to say "no"...or "not now."
- Better understand the parameters of the word "boundaries"

Learn about our panelists: [Jes Averhart](#), [Stephenie Robertson](#), & [Tracy Schorner](#)



Jes Averhart
CEO Jes & Co. and
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Reinvention Road Trip®



Stephenie Robertson
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