

# CTO WELLNESS

- Addresses the unique stressors CTOs face while training new hires during staffing shortages
- Explores burnout, decision fatigue, and compassion fatigue tied to added training responsibilities
- Provides practical strategies beyond basic self-care to support mental, emotional, and physical well-being

## 1ST SESSION

MARCH 24

Dothan

## 2ND SESSION

MARCH 26

Pelham

**8:00 A.M. - 5:00 P.M.**

[app.al911board.com/training-registration](http://app.al911board.com/training-registration)



**REGISTER TODAY!**

8 HOURS CEUS

Provided By:



**SHANNON POLITO**