



## November 2022 Newsletter

Yes, you read that right: November!

As we spend our precious hours of daylight at our desks, even those of us who are fortunate enough to love our work can start to feel that it is the primary (or only!) cause of our mental fatigue.

In our article this month, Vicki LaBrosse shares four things to consider when determining the true root cause of burnout. After asking yourself these questions, the true origin may surprise you.

If you would like to chat about how Edge can help mitigate some of that stress through changes to your overall marketing and PR strategic plan, please contact me via [email](#), via phone (651.247.7872), or set up a time in my [Calendar](#).

Warmest regards,

A handwritten signature in black ink that reads 'Amy' with a stylized flourish at the end.

Amy L. Juers, MBA  
Founder and CEO, Edge Marketing, Inc.



### **Burned Out? It May *Not* Be Your Career**

*Four Questions to Consider*

We, as a culture, have become all about “work first, life second” and often fail to recognize that this is not always to our benefit. We change jobs, get promotions, put in more hours, work harder, work remotely and do all we can to achieve work-life balance, but we still feel burned out.

We often blame our jobs, but perhaps we should ask ourselves, What really is the underlying cause of burnout?

Take heart: There are ways to combat the imbalances to help you have

a fulfilling career and a meaningful life without sacrificing one for the other.

[CLICK TO READ THE FULL ARTICLE](#)

### About the Author:

Vicki LaBrosse, director of global public relations for Edge Marketing, Inc., has more than 18 years of marketing and communications experience in both the legal and accounting industries. LaBrosse works with clients to develop and execute comprehensive PR and marketing strategies that will help grow their businesses.



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### Have your say:

[Cast your vote](#) for the top vendors serving the nation's legal industry.

If you agree that Edge is a leader in PR and marketing for the legal industry, please consider voting for us in questions 3, 4 and 5.



Voting closes on November 18th!

Celebrating  
25 Years!

Edge Marketing is celebrating its 25th year in business! We are excited to share this news and some amazing milestones with you!

[Read our press release »](#)

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Feel free to forward this newsletter to a colleague, and contact us with any questions or comments.



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**Edge Marketing, Inc.**

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