

The lively exchanges that have taken place during the Murray Hill Institute conferences have clearly shown that many workplace dilemmas are common to a wide variety of professions. To continue these discussions, the Murray Hill Institute *Newsletter* is inaugurating a Q & A section.

Email us your questions; a selection of the best responses will be posted in the subsequent issue of our *Newsletter*.

For our next issue, Sarah writes:

"I have been doing the same kind of work in a large corporation for many years. Although I like my job, it is hard to retain the same level of interest and enthusiasm that I had at the beginning. What are some of your readers' best tips for avoiding burnout and continuing professional growth?"

Send your answers, and ideas for future questions to: Info@murrayhillinstitute.org