

When the Terminal Goes Quiet: Navigating Burnout, Depression, and Loss of Joy in Tech

- **Speakers:** Ana Gosseen, Natasha Brown-Butler, Kerri-Leigh Grady
- **Room:** HC 108
- **Time:** Sat 3:00 pm – 3:30 pm
- **Format:** Panel
- **Difficulty:** Introductory
- **Track:** Education
- **Presenter Location:** In-person
- **Experience:** umpteenth time speaking

Description:

Sometimes the terminal goes quiet. The code stalls, ideas disappear, and the joy that once fueled our work in tech feels out of reach. In this candid panel, a diverse group of tech professionals shares their experiences with burnout, depression, and losing motivation — and how they found ways to navigate those quiet, difficult periods.

Through open discussion, personal stories, and audience Q&A, attendees will learn how to recognize early signs of burnout, restore energy, rebuild momentum, and reconnect with the parts of tech that once brought joy. This session offers practical strategies, solidarity, and honest insight into staying resilient in a demanding industry.

Target Audience:

- Anyone, especially those who are tired

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