



NO MORE BURNOUT™

No More Burnout!

Prioritizing People and their Well-Being

SIGNATURE Leadership Experience

DESCRIPTION

One **full day** of burnout awareness, prediction, and prevention plus practicum, follow-up activities, and group sessions

AUDIENCE

Organizational leaders

FORMAT

In person or virtual

The physical, mental, and emotional wellness of an organization is in direct correlation with the ability of their leaders to stay grounded and be the difference in times of change, uncertainty, and high stress.

The Journey to No More Burnout

Burnout Pre-Assessment

Deep dive into the roots of burnout, tools to predict and measure burnout, strategies to mitigate burnout, and design a work environment that supports well-being and productivity

eBook and Biweekly Online Activities

Practicum

Monthly Group Coaching Sessions

2

Increase awareness of how burnout impacts you, your family, and your team members



1

Identify the causes and consequences of chronic stress, overwhelm, and burnout



3

Identify your own potential role in contributing to a burnout culture



4

Eliminate cycles of self-sacrifice

5

Detect burnout signs and symptoms early enough to mitigate them



6

Consciously create a supportive, people-centered work environment where employees want to belong and the relationship with their work is purposeful, reasonable, and sustainable

Kyle Pertuis
MindFit Coaching, Inc.
kyle@mindfitcoaching.com
864-380-0228



Foundations Certified Coach

EMCC Global Individual Team Coaching Accreditation



contact