

# *Burnout Recovery*

Have you ever felt drained, stressed, overwhelmed, irritable, depressed, defeated, lacking in enthusiasm towards your job over a prolonged period of time? You must not ignore these feelings, as they could be tale-tell signs that you're possibly heading for a burnout.

Burnout is an emotional, mental and physical state of exhaustion; a workplace stress that has not been successfully managed. Sufferers no longer have the scope to cope with the excessive demands they face at work and experience permanent exhaustion.

How I can help you:

- Explore the causes, triggers & signs of burnout
- Help detect signs of burnout
- Identify tools, learn skills and strategies suited to your personality regarding how to prevent another burnout
- Establish and maintain a healthy work-life balance suited to your lifestyle

