



BEAT THE BURNOUT

RESILIENCE & MENTAL HEALTH RECOVERY PROGRAMME

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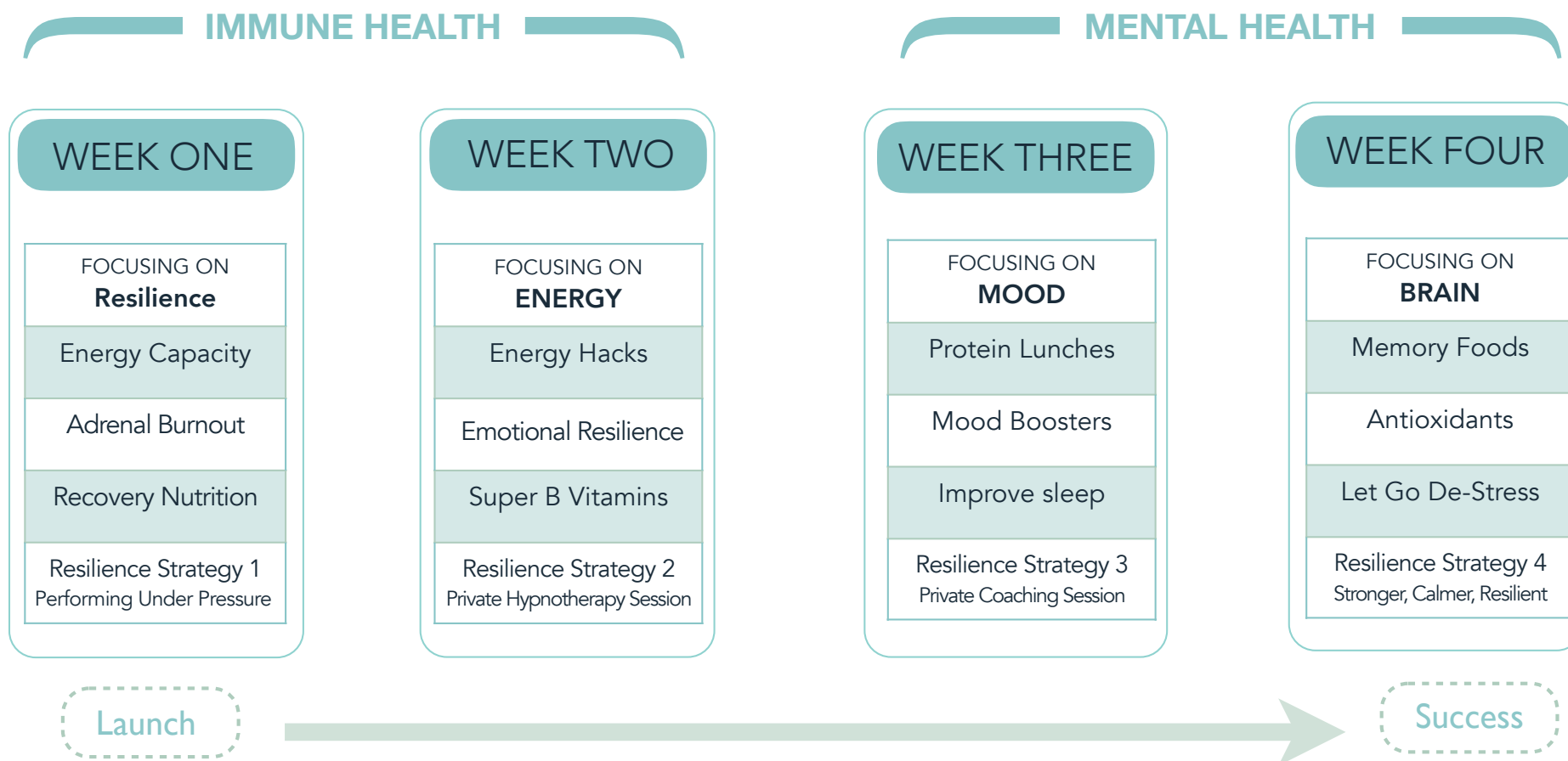
4 Week 1:1 Private Coaching Programme

- Improve Resilience
- Boost Mental Health
- Reduce Stress
- Sleep Better
- Get Fitter
- Lose Weight
- Improve Memory
- Enhance Concentration
- Raise Self Esteem
- Eat Healthier
- Reboot Your Wellbeing



Beat The Burnout Framework

Online Digital Programme Week By Week



ABOUT: This is a 1-2-1 weekly coaching transformation programme for teams looking to boost mental and emotional wellbeing.

FOCUS: Each week the focuses on a resilience strategy, plus a particular topic of physical wellbeing ie fitness, nutrition, energy, mood, brain health.

BESPOKE: The coaching sessions offer a private, confidential space to discuss individual requirements to ensure the programme is tailored for each person.

TEAMS: This training is designed to improve resilience, performance and recovery of staff when working under pressure.

BEAT THE BURN OUT PROGRAMME

Improve resilience, performance and recovery of staff when working under pressure.

Coaching Sessions - each individual receives

- 3 x Private consultations with nutritionist Jeannette Jackson
- 1 x Group Zoom Webinar
- 1 x Private consultation with psychotherapist Chris Clarkson
- 1 x Private consultation with resilience coach Gabriel Rimmer

Kickstarter Wellbeing Kit:

All participants receive a 14 day supplement plan to help:

- *Boost Energy*
- *Improve Digestion*
- *Enhance Sleep*
- *Increase Concentration*
- *Boost Memory*

| Your 1-2-1 Experts | | |
|--------------------|------------------------------|--|
| Coach | Role | Expertise |
| Jeannette Jackson | Biochemist & Sport Scientist | Nutrition, energy, sleep, stress, diet, brain food, sports nutrition, weight loss, corporate wellbeing |
| Gabriel Rimmer | Performance Coach | Goal setting, focus, achievements, motivation, change, mental clarity, strength, reach your full potential |
| Chris Clarkson | Psycho-hypnotherapist | Anxiety, panic attacks, fear, stress, phobias, sleep, OCD, confidence, self esteem, relaxation, meditation |

1-2-1: This is a 1-2-1 weekly, 30 minute coaching transformation programme for teams looking to boost mental and emotional wellbeing.

FOCUS: Each week the focuses on a specific resilience strategy, plus a particular topic of physical wellbeing ie nutrition, energy, mood, brain health.

BESPOKE: The coaching sessions offer a private, confidential space to discuss individual requirements to ensure the programme is tailored for each person.

TEAMS: This training is designed to improve resilience, performance and recovery of staff when working under pressure.



BEAT THE BURNOUT NUTRITION.



The foods we eat can have a notable effect on well-being, not simply physically, but also emotionally and mentally too.

Our Advanced Nutrition Plan is included in the Beat The Burn Out Programme and helps people to boost and improve:

- Concentration
- Energy levels
- Alertness
- Productivity
- Problem solving
- Efficiency
- Mental health

JEANNETTE JACKSON

INTELLIGENT NUTRITION

Elite Sports Scientist

Nutritional Biochemist

Corporate Wellbeing at Work Expert

Director of The Manchester Stress Institute

Author The Drop Zone Diet (Penguin Books)

Presenter 'The Wellbeing Show' Rossendale Radio

1-2-1 COACHING PROGRAMME

