



**Mersey Care**  
NHS Foundation Trust



# **BEAT THE BURNOUT**

**RESILIENCE & MENTAL HEALTH RECOVERY PROGRAMME**

# BEAT THE BURNOUT PROGRAMME

## RESILIENCE & MENTAL HEALTH RECOVERY



### 4 Week 1-2-1 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

Start Date: 5th December 2022



# BEAT THE BURNOUT

Online Digital Programme Week By Week

## IMMUNE HEALTH

### WEEK ONE

FOCUSING ON  
**Resilience**

Energy Nutrition

Adrenal Burnout

Resilience Strategies

### WEEK TWO

FOCUSING ON  
**ENERGY**

High Protein Foods

Emotional Resilience

Super B Vitamins

### WEEK THREE

FOCUSING ON  
**MOOD**

Evening Meals

Mental Health Tips

Shift Work Wellbeing

### WEEK FOUR

FOCUSING ON  
**SLEEP**

Sleep Hacks

Healthy Snacks

Relaxation Strategies

Launch

Success

**ABOUT:** 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 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

This is a bespoke coaching transformation programme for teams looking to improve resilience, performance and recovery of staff when working under pressure.

## Coaching Sessions - each individual receives

2 x Private consultations with nutritionist Jeannette Jackson

2 x Zoom Webinars

1 x Private consultation with psychotherapist Chris Clarkson

1 x Private consultation with resilience coach Gabriel Rimmer

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.

## Kickstarter Wellbeing Programme

### ALL PARTICIPANTS RECEIVE 14 DAY SUPPLEMENT PLAN DESIGNED TO:

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





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