



## BANISH BURNOUT - A MATTER OF BALANCE

Is Burnout just 'work related' stress?  
How do we solve the 'Hamster Wheel Effect'?  
Why are new 'Neural Pathways' so effective?

*Dr André*

### **Banish Burnout - A matter of balance**

Burnout has reached alarming levels, with 77% of U.S. professionals reporting symptoms. Drawing on his experience as a Visiting Professor of Creativity and Entrepreneurship working with the Virgin Group, The Smithsonian and the Welsh Government, “Banish Burnout” offers a distinctive approach that views burnout as a multi-faceted challenge, distinct from mere stress.

Using Spherical Thinking™ Dr. Andre combines intuitive and logical thinking processes to guide participants to identify early-stage burnout in themselves and others.

The session is dynamic and combines tales of real life transformation and more than a little humor to ensure audience engagement and equip them with practical strategies that can be implemented immediately.

Attendees leave with renewed energy and clearer strategies for maintaining wellness in their personal and professional lives.

*This Keynote, Breakout or Workshop topic comes with option of a Workbook, Innovation Assessment and eBook.*

### **Key Takeaways**

- **Identify Early Warning Signs:**  
Recognize early signs of burnout in oneself and colleagues to intervene effectively.
- **Promote Wellness Strategies:**  
Implement actionable wellness strategies that lead to a sustainable work-life balance.
- **Understand the ‘3Rs’.** Understanding the importance of maintaining balance in Relationships, Recreation and Responsibilities is a core part of Banishing Burnout.
- **Boost Motivation and Productivity:**  
Develop a personalized action plan to sustain energy levels and increase overall motivation.

*Powerful and Inspiring. A  
“Burnout is what happens  
when one stops listening  
to oneself”*

*Sir Tim Berners-  
Inventor of* **Dr. André Walton**