

BALANCEOLOGY

**EXPERTS IN BURNOUT
PREVENTION & RECOVERY**

Corporate Brochure



Burnout

Burnout is a state of physical, mental and emotional exhaustion. It is the collective result of various factors culminating in prolonged stress and poor life style choices that leads to the severe depletion of the autoimmune system and adrenal glands. Burnout is often job related and is compounded by continued physical and emotional stress in other areas of life. Long held internal beliefs around over-achievement, coupled with ongoing external societal pressures contribute to the root cause in the majority of cases.

Now, more than ever, burnout is being openly and widely discussed. Reported levels of burnout are continuously increasing year on year in the corporate world. During 2021 six in ten UK managers experienced burnout at work with a fifth considering quitting their job as a result. Burnout levels have been exacerbated by the ongoing impact of COVID-19 pandemic.

Employers globally are experiencing the far-reaching damaging impact that burnout can have on business sustainability. Burnout has the biggest direct affect on unplanned absences and employee turnover.

Wellbeing programmes and mental health awareness trainings are now seen as essential to any company who wants to nurture, protect and develop their workforce. Balanceology's mission is to give employers the resources, skills and tools needed to future-proof themselves from burnout by fully supporting and retaining their staff.

Prevention

We provide training, consultancy and coaching to help develop awareness and understanding of burnout.

Our focus is equipping individuals, managers and teams with the tools needed to create sustainable strategies for success. You can engage us for a self-standing wellbeing workshop, burnout prevention coaching/ re-integration programme for senior staff, or bring us into your team to help ascertain what matters the most to your people, so that you can shape your organisation to cultivate a more caring and robust culture.

All our services are carefully tailored to meet the specific needs of your business.

Recovery

The current reality in many organisations is that several key senior leaders and/or middle managers are signed off work due to burnout. As an employer it can be hard to know the best way forward.

We offer a 3-month, expert led **Burnout to Balance** recovery programme. It is individually tailored to each participant. The programme includes an initial consultation, followed by a 3 day training course and regular follow up coaching. It is designed to fully support and re-engage those at risk of burnout / re-integrate those who have been signed off work.

The 3 day training can be completed online or in-person at Cadbury House Hotel & Spa near Bristol Airport, UK. Bristol is 1hour 40mins by train from London and easily accessible by car via the M5.



Our team



Jayne Morris

Co-Founder and Programme Lead

PGcert Personal and Professional Coaching with Advanced Diploma in Integrative Art Psychotherapy. Author of [Burnout to Brilliance: Strategies for Sustainable Success](#). 12 years experience specialising in burnout prevention and recovery.

Co-host of [The Art of Balance](#) podcast and the [Balanceology video series](#) on behalf of Psychologies Magazine online Life Labs. BBC TV and radio guest. Former NHS online life coach and HuffPost blogger.

Animal and nature lover. Enjoys creative projects with her two daughters and laughing lots.

Dylan Cox

Co-Founder and Trainer/Coach

MOE certified coach and wellbeing specialist. Producer and co-host of The Art of Balance podcast and the Balanceology video series on behalf of Psychologies Magazine online Life Labs.

Significant experience in capacity building with organisations and coaching, especially in the field of equality and diversity.

Enjoys family time, running, cycling, watching boxing and long walks with the family dog, Blade.



Popular Packages



Remote Wellbeing Workshops

Live, bespoke 1 hour virtual/in person workshops available as a monthly wellness programme or as a one off event. Popular topics include burnout, time management and sustainable remote working.

From £500 per workshop



1:1 Coaching

Leadership coaching sessions designed to support those in senior management positions to prevent burnout within their team, make the transition back to work following burnout or implement large scale cultural change.

From £250 per session



Organisational Change Coaching

Realign your team with a shared vision, purpose and values. Dissolve toxic/burnout culture. Re-energise and re-engage your team. Increase productivity. Available as a 6 or 12 month programme to include fortnightly team sessions, report writing, follow up coaching and consultancy.

From £1500 per day



Burnout to Balance Recovery Programme

Designed to bring your valued staff back. Specialist coaching utilising tools taken from integrative art psychotherapy and neuroscience to uncover and resolve the root cause behind burnout. 3 Day Intensive Training Programme followed by 3 month reintegration coaching support.

From £6000 per participant

Testimonials

"The Burnout to Balance Programme is life changing"

Stefan - Airline CFO, UK

"I see the impact from the Burnout to Balance Programme every day."

Julie - Change Manager, Switzerland

"Wealth of experience in working with forward thinking organisations."

Hannah Seward-Thompson, Director DO, UK

"Highly experienced - Balanceology workshops combine research, theory, and practical suggestions"

James Dillon - Senior Content Production Manager, Sydney

"Fantastic speakers - Balanceology gave us so many golden nuggets in how to avoid burnout."

James Adeleke, CEO Generation Success, UK





Get in touch

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