



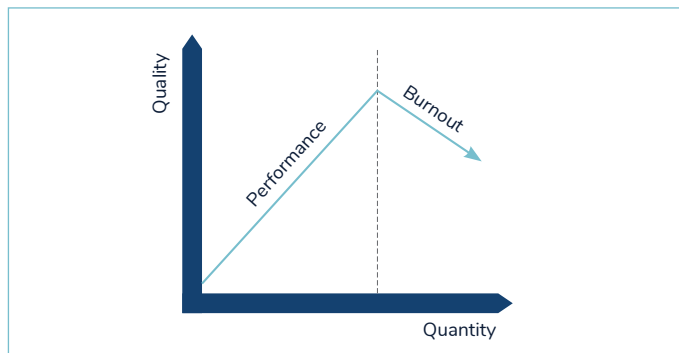
Burnout to Brilliance

Quantity does not always mean quality and being busy does not mean we're productive, in fact the opposite is often true.

The reality is that workload is high, that won't change. We also live in a world where uncertainty and change is the norm and there's more pressure than ever placed on the mental health of our workforce. Busy is fashionable, we wear it like a badge of honour, but it doesn't lead to high performance.

This is a must have programme to ensure you're getting the best from your team and to help them thrive.

If you'd like to support your team to be at their best, this programme will change the way we relate to busyness, how we define productivity and ensure we remain sustainable and can perform at our peak to go from burnout to brilliance.



This programme will help you -

- Understand the difference between busy and productive.
- Work smarter not harder and master the habits of high performance.
- Understand the neuroscience behind thinking patterns and rewire the brain.
- Learn strategies to cultivate a more calm, clearer mind.
- Keep calm amid the chaos and give yourself space to thrive, even in the tough times.
- Be your best without burning out in the process.
- Overcome overwhelm and build resilience.
- Improve productivity and effectiveness.

During this programme, participants learn what it is resilient people do, build their own plan to overcome challenges and uncertainty and deliver on their potential.

My goal is for everyone to be their best, without burning out in the process.

This unique programme combines live face-to-face workshops, coaching, peer learning and support with online education and experience all delivered alongside a longer term implementation plan to support participants beyond their learning.

With tiered options to suit all budgets the full programme includes –

- 3 bespoke capability and performance workshops, one of which is specifically designed for leaders.
- Tailored to your needs and built for your organisation, not off-the-shelf.
- Monthly follow up coaching sessions to support implementation of learning along the journey.
- Team involvement means we're all talking the same language, have a point of reference and shared understanding.
- Practical strategies and proven experience.
- Leadership team have on demand access.
- Best selling books and online content to support learning beyond sessions.
- Staff talks and webinars allow one-hour deep dives into topics discussed to enable Q&A, further learning and facilitated discussion on applying specific principles to real world scenarios. Easily integrated into team meetings or lunch and learns.

GOLD: 12-month programme including bespoke workshops, follow up coaching, staff talks and webinars alongside elearning and additional resources. Leaders also get on demand phone access to Jess for ongoing specific support.

– *Ideal for those looking for ongoing transformation and lasting impact to take your organisation to the next level and create high performing teams.*

SILVER: 6-month programme including bespoke workshops, and follow up coaching with additional resources.

– *Ideal for those looking to make progress, start the ball rolling with a short term program to begin shifting the dial.*

BRONZE: Workshop series for both leaders and teams as a stand alone, includes all workshop resources.

– *Ideal for those with limited budget keen to make a start on this journey.*



Jess Stuart is the author of four personal development books, an international keynote speaker and experienced facilitator. She is a well-known expert in Imposter Syndrome, with media coverage and sell out events including appearances on TV and radio.

With 15 years in HR and a background in the corporate world working with leaders in personal development across many countries and industries, businesses find that Jess can speak their language.

Read more about what others have to say: jessstuart.co.nz

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“

Thanks Jess, really helpful. Love how you simplify and bring tips to the forefront.

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“

Jess brings a positive, friendly and professional attitude that is infectious and inspiring.

”

“

Jess knows her content and is a really engaging and passionate speaker.

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