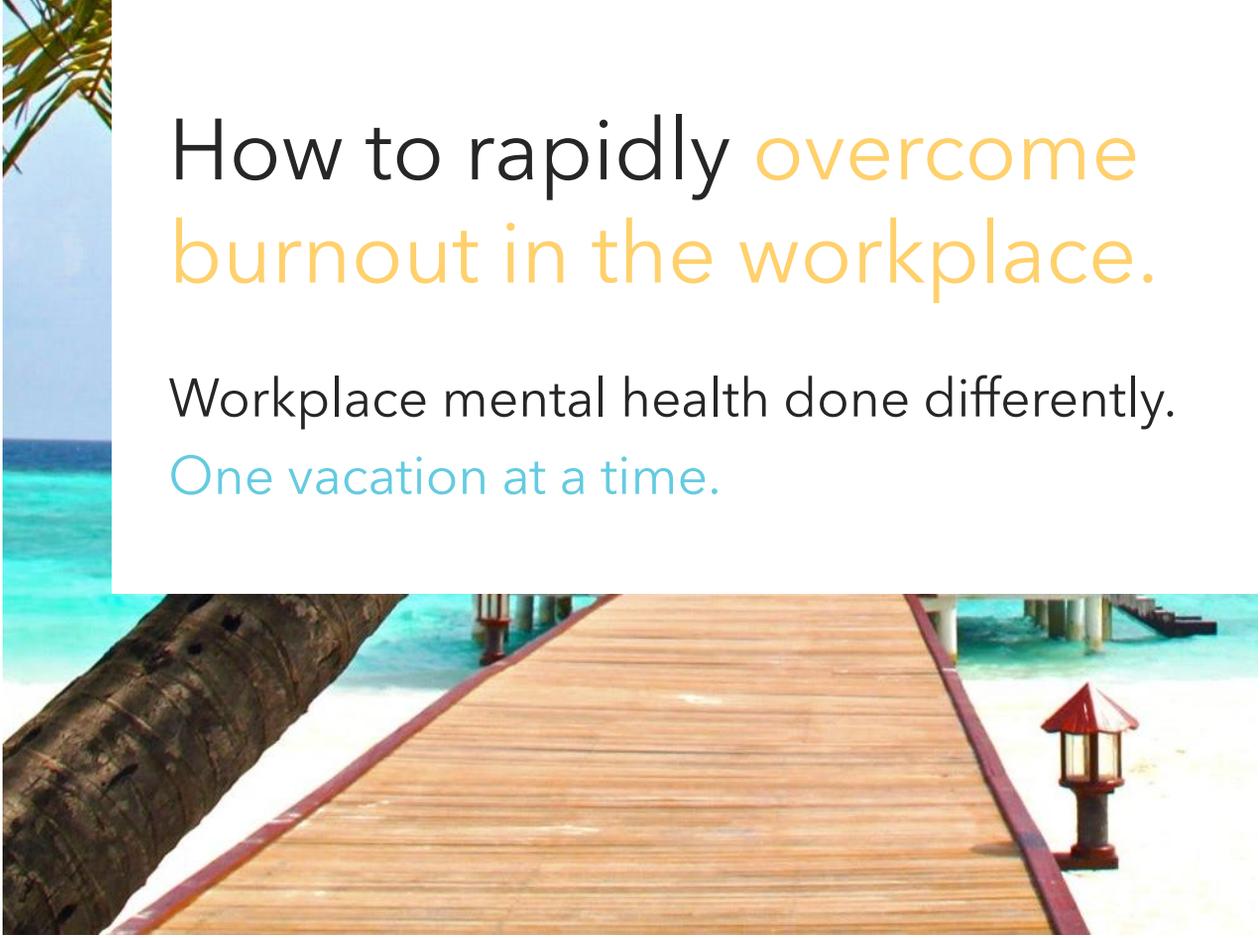




How to rapidly overcome burnout in the workplace.

Workplace mental health done differently.
One vacation at a time.



The Future of Work is Human.

with an exponential growth of digital transformation

With demands to keep up with a high growth competitive marketplace, increasingly open and agile cultures, pervasive technology and an expanding and flexible global workforce

Burnout in the workplace is an expression of the modern digital workforce.

It's complex, unprecedented, rapidly growing, and affects all areas of life. The costs for organizations in lost time, money and productivity are real and scaling.

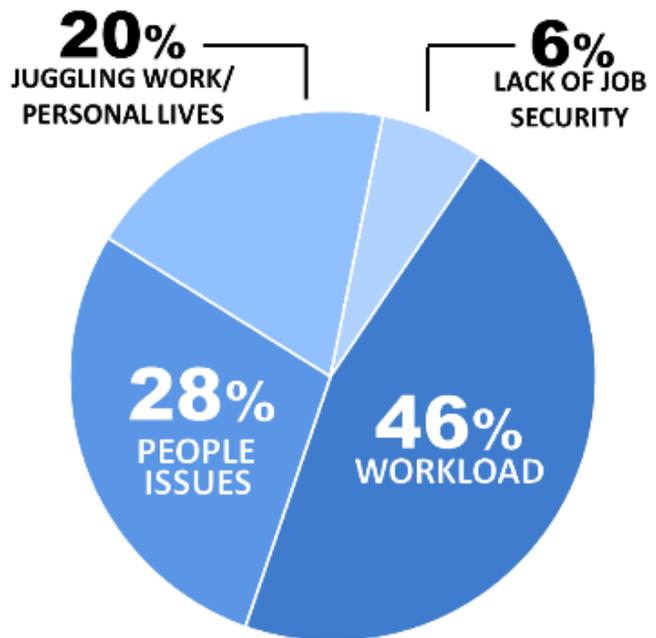


The Current Effects of Employee Burnout:

- **44% of employees feel burnout**, while 23% are feeling burnt out more than often.
- **Half as likely** to discuss performance goals with their manager
- 2.6x as likely to **seek a different job**
- **13% less confident** in their performance

GALLUP

Main Causes of Stress



EAP provider COnPsych StressPulse Survey, The American Institute of Stress



But how can you sidestep the stigma of mental health in the workplace?

While providing the support for a productive
and meaningful career for your people

Even for the most People Centered high performance cultures, it's no secret it takes significant time, resources and leadership to build the psychological and emotional safety in organizations needed to thrive in today's workplace environments.

The way we collectively see mental health is a complex social issue, not just a workplace one. However, organizations and HR leaders are quickly stepping up as the silent and rapid growth of burnout and poor mental health is becoming a growing and unsustainable problem and cost to organizations.

How we fit in.

At the Burnout Clinic, we're committed to the practice, education and providing of expert care for people who struggle with burnout to restore balance in their lives. We believe your career and work is an extension of who you are and the talents you embody to make a meaningful difference in your organization and the world.

Burnout Intervention | Prevention and Training | Coaching

How? Burnout Retreats. By combining world class destination vacations with cutting edge mental health tools, we clinically release the suppressed emotions, limiting beliefs and inner conflicts unconsciously driving burnout, as a positive, memorable and immersive life transformation experience.

Signs of Burnout:

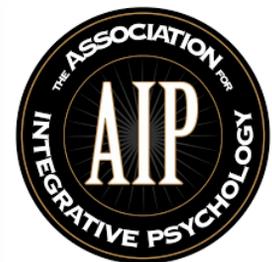
- High Anxiety and Overwhelm
- Emotional Reactivity
- Creative Blocks
- Fatigue and Poor Sleep
- Extreme Sadness



Mental Emotional Release® Therapy used clinically for over 40 years is highly effective

- Fast, painless and tremendous relief
- No need to dig up old memories
- No need to relive traumas
- No relapses

Board Certified Master Practitioners of:
Mental Emotional Release®, Hypnosis
and Neuro-Linguistic Programming



¹ Ipsos and Oxford Economics 2019

High Level Breakdown: The Burnout Retreat Process

1

Retreat Preparation

Meeting the Practitioner. Deep awareness exercises. Resort selection. Flights and excursions. Work handoff. Vacation Mode. Pack and Fly to location!

2

Two Day Burnout Intervention.

- **Day 1:** Getting to the root cause to identify the underlying belief patterns, thoughts, behaviours and feelings behind burnout
- **Day 2:** Mental Emotional Release® Therapy to release limiting beliefs, blocked emotions, anxiety, trauma, phobias, and inner conflicts. Setting new outcomes. Action Plan.

3

Enjoy the Vacation.

Deep Relaxation, Adventure, Exploration, Culture

4

On Going Support.

Follow Up Consultations and NLP Intervention, Situational Coaching, Training



Online Training

All burnout retreat clients are eligible to join our Online Work Life Harmony Program. Self-paced, we take you step by step modelling the best practices when integrating work and life in the 21st century. You'll gain the knowledge and tools covering a wide range of areas from aligning values, finding purpose, developing a career vision, integrating passion and skills, energy management, values-based decision making and much more...

Corporate Training Programs

We provide corporate and organizational training to enable leaders to gain the necessary information and skills to design and implement a culture that reduces burnout and promotes engaged and high-performance leaders and teams.

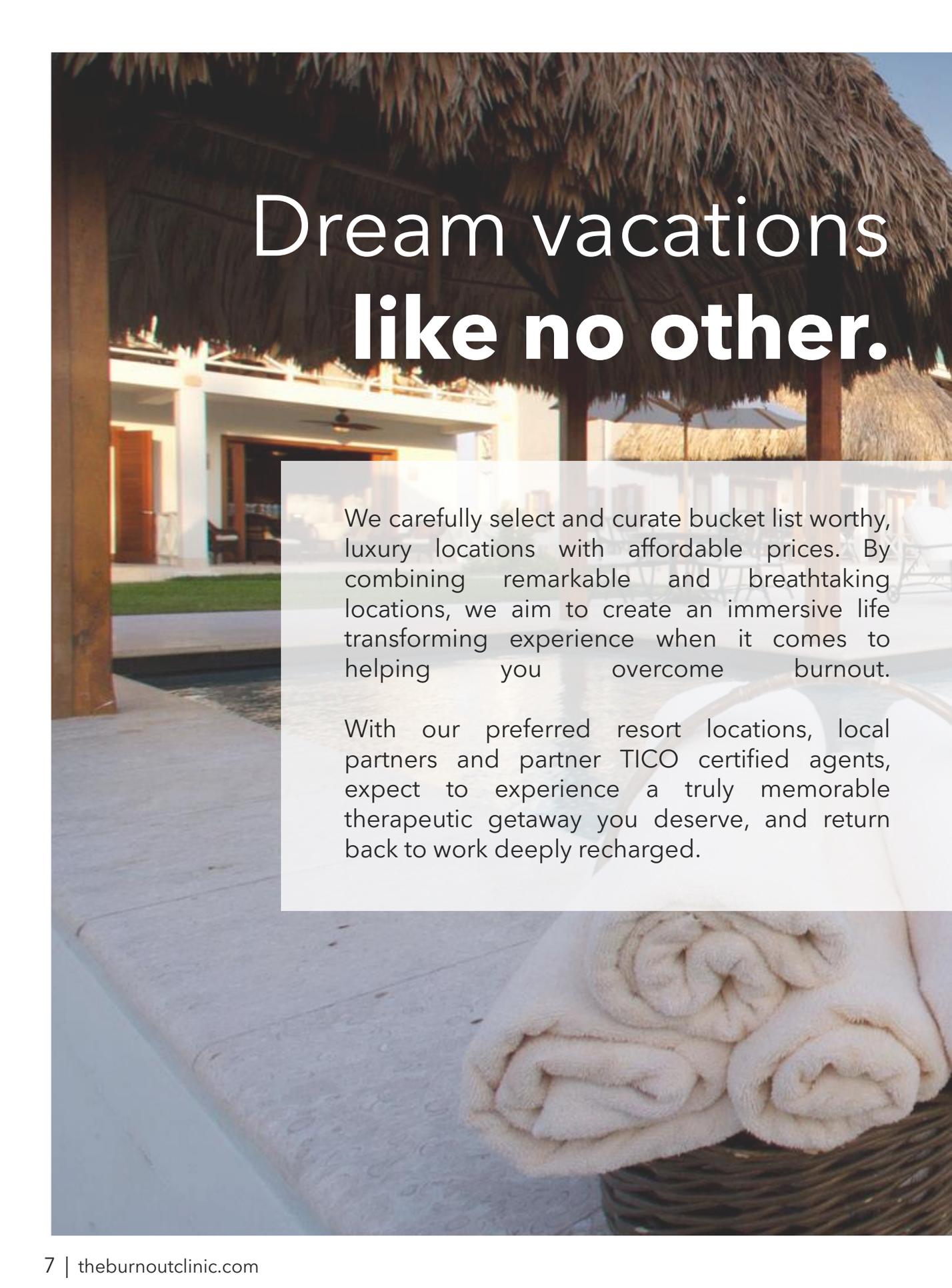
Values and Navigating the Organization, Purpose and Meaningful Work, Realizing Career Goals and Experiences, Empowerment and Effective Communication

Coaching Program

Work with our Certified NLP coaches to help you fully align your goals to your values, share tools and strategies to take action to achieve your goals and help you navigate unplanned situations to help you get results.

If you're an HR or People Leader, looking to develop a program to help your employees rapidly overcome burnout, and develop a highly engaged culture to prevent burnout, speak with our team on how we can personalize a solution that works for your organization.





Dream vacations like no other.

We carefully select and curate bucket list worthy, luxury locations with affordable prices. By combining remarkable and breathtaking locations, we aim to create an immersive life transforming experience when it comes to helping you overcome burnout.

With our preferred resort locations, local partners and partner TICO certified agents, expect to experience a truly memorable therapeutic getaway you deserve, and return back to work deeply recharged.

Deep Relaxation

- Beaches and Ocean Views
- Infinity Pools
- Spa Treatments
- Yoga and Meditation
- Intimate Resort Living

Sea Adventures

- Snorkeling
- Scuba Diving
- Marine Life and Reef Exploration
- Fishing
- Kayaking
- Catamaran Trips

Land Excursions

- Zip Lining
- Cave Tubing
- Ancient Temples
- Waterfalls
- Jungle Hikes
- Exotic Cuisine
- History and Culture



Belize

- Victoria House and Spa
- Matachica Resort and Spa
- Las Terrazas
- Banyan Bay Resort



Mexico

- Villa Sun in Soul



Thailand

- The Spa Resorts, Koh Samui

Burnout Retreat Accommodations

Victoria House and Spa - Ambergris Caye, Belize



Summer Season
(May 1 - Dec 21)
\$675.00 per night

Winter Season
(Jan 2 - Apr 30)
\$705.00 per night

The Victoria House is an award winning resort and spa located on Ambergris Caye, offering lush greenery as you enter. Facing the beach, Victoria House offers suites, villas and staterooms with private infinity edge pools, hammocks and private verandas. There is an on property 3500 sq.ft spa featuring a full suite of rejuvenating treatments and services.

Enjoy their Palmilla Restaurant serving gourmet cuisine for over 20 years, or the Admiral Nelson's Beach Bar for a more casual and Belizean style palapa bar on the beach with great views of the Caribbean Sea.

Look forward to a refreshing dip in the pool and venture out on exciting excursions both on the sea and journey on land into the jungle for a memorable adventure. An ultimate relaxation experience.

* All prices in USD, per night excluding flights, excursions, burnout intervention work

Las Terrazas Resort - Ambergris Caye, Belize

Las Terrazas Resort is a luxury resort where you can enjoy the natural beauty and tranquility of the Caribbean sea while enjoying luxury living. Take your private 10 minute boat ride from the city of San Pedro and disembark on the private docks of this resort.

You'll be welcomed with their private luxury beach leading onto the resort grounds with a 70 foot infinity pool, private cabanas, centered with their O-Restaurant and Rooftop Sky Lounge. Surrounding the resort are suites that overlook the ocean or west facing views of the sunset lagoon.

Pamper yourself with a beach side massage, facials and a manicure and pedicure at the Serenity Spa and Wellness Center. You can also indulge with ancient body treatments, skin therapies and organic mud baths.

Access their 5-Star PADI Dive shop and excursion and tour desk where you can plan your trips onto the mainland or set sail on the Caribbean sea. Scuba dive, snorkel, fishing and water sports. Cave tubing, zip lining, and history tours.

Summer Season

(May 1 - Dec 21)

\$309.00 per night

Winter Season

(Jan 2 - Apr 30)

\$439.00 per night



Banyan Bay Suites - Ambergris Caye, Belize



Banyan Bay Suites is a family friendly site offering a great get away from the hustle and bustle of everyday life.

Summer Season
(May 1 - Dec 21)
\$250.00 per night

Winter Season
(Jan 2 - Apr 30)
\$325.00 per night

Suites are equipped with kitchen for that exotic stay with an at home feel or access their restaurant, Pier 366 Seafood House located right on the beach with an ocean view.

The on-site K'in Spa Wellness Center offers all the amenities of relaxation from massages, manicures and pedicures, and their signature facial treatments with over a hundred trace elements.

Head on over to their tour desk and full service dive shop where you can sign up for local Belize excursions from fishing trips, scuba diving and snorkeling to mainland trips featuring the Mayan temples, zip lining, cave tubing and the Belize Zoo.

Banyan Bay Suites is the perfect location to stay low key and feel pampered during your stay in Belize.

Matachica Resort and Spa - Ambergris Caye, Belize



Matachica Resort and Spa is one that offers an authentic, serene and natural experience for a restorative getaway that also brings indulgence and luxury.

With unparalleled hospitality, it's surrounded around with thatched beachfront casitas and villas, offering that intimacy and private luxury where tranquility is truly palpable. Access their designer infinity pool, hot tub and lounge for all its guests and Jade Spa, their on-site spa with treatments with local and natural ingredients.

Did we mention no Wifi? Yes, this is a technology free property for that caters for that digital detox.

Indulge at their award winning Mambo Restaurant serving local ingredients, fresh flavours and creative dishes. Fresh seafood is their speciality, all within a sleek and sultry ambience.

Complete your journey with private snorkeling tours, kayaking and all the other offsite experiences from fishing, scuba diving, cave tubing, ziplining and culture excursions Belize has to offer.

Summer Season
(May 1 - Dec 21)
\$445.00 per night

Winter Season
(Jan 2 - Apr 30)
\$695.00 per night

Villa Sun in Soul - Tulum, Mexico



Summer Season
(May 1 - Dec 21)
\$501.00 per night

Winter Season
(Jan 2 - Apr 30)
\$501.00 per night

Villa Sun in Soul is a private villa and burnout retreat center for our corporate, couples and wellness workshops.

This 4000 sq.ft villa features 4 bedrooms, 2 kitchens, a swimming pool, jacuzzi, roof top terrace, palapa, intimate courtyard, all surrounded by the sights and sounds of the Mayan jungle.

This location is a sought after wellness retreat location offering Yoga Retreats and therapeutic trips - 15 minutes from the beach, and offers off the beaten path tours into Mexico.

Explore the nearby city for its culinary delights, or experience a private chef bringing in local cuisine on site.

The Spa Resorts Village – Koh Samui, Thailand

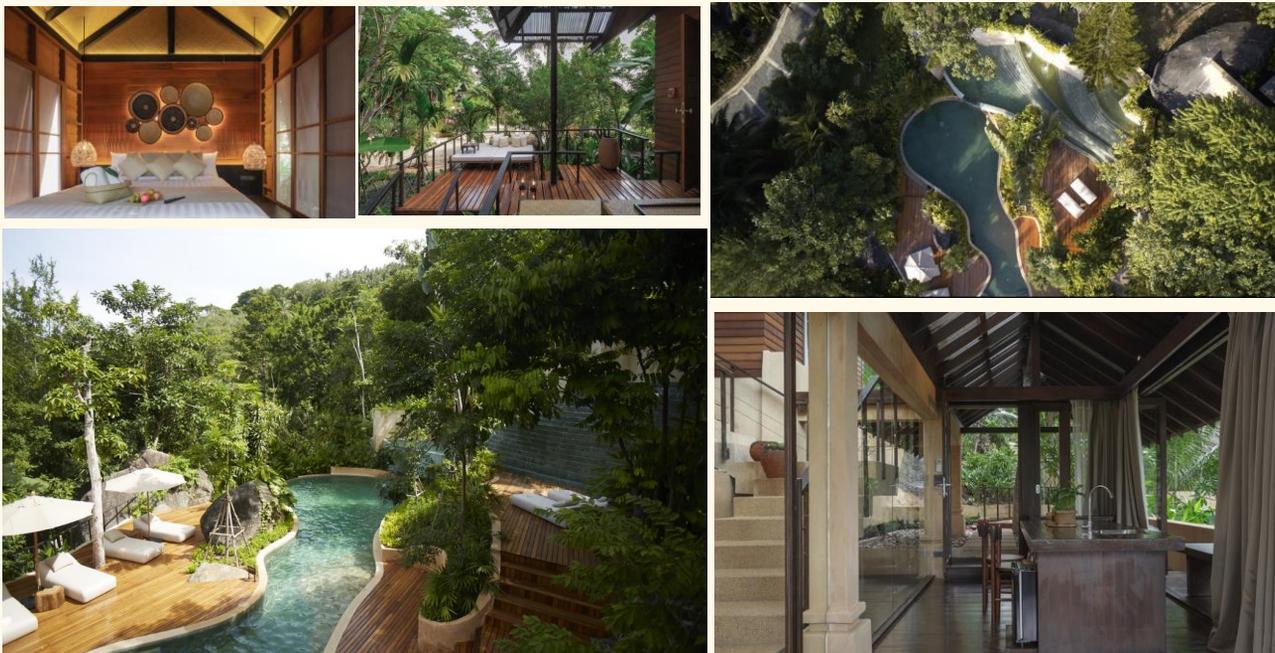
The Spa Resort caters to our longer term burnout retreats and on site detox program, ranging from a minimum of 7 days to 3 weeks with daily clinical monitoring, training and coaching from our partners of experts.

Located on the mountain side above Lamai Village, this luxury resort features a detox program combining juices, semi-fasting, and deep tissue herbal cleanses, combining both ancient and contemporary nutritional science.

The on-site spa offers brings in expert massage therapists tampering you with a full ranges of massages from Thai herbal oil, foot, Chi Nei Tsang, and Ampuko massages, alongside body scrubs, wraps, and healing facials. There is also a herbal steam bath with powerful skin and lung detox properties.

Enjoy and learn about the practices of Yoga, Qi Gong, and meditation with expert on-site instructors

Fall Season
(Sept 28 - Dec 30)
\$550.00 per night



When Analog meets *Digital*

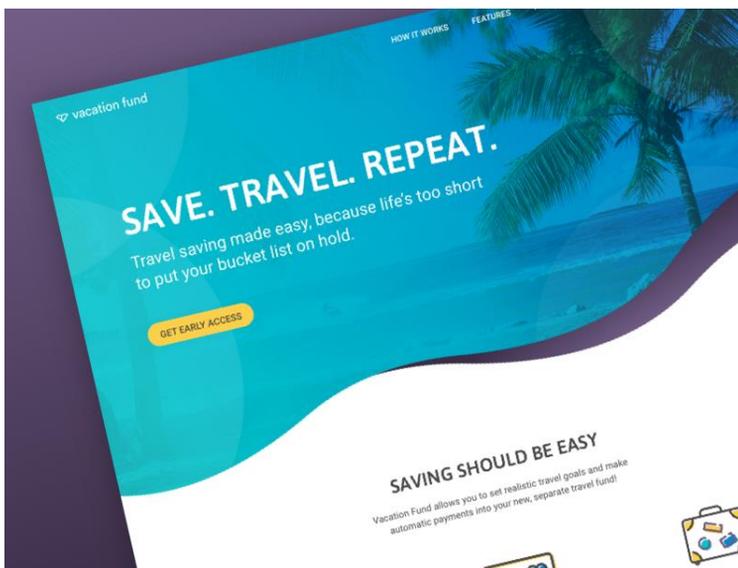
Helps to scale your mental health benefits in your organization

More than a clinic, we're a community with valuable partners to help your organization scale the value of positive mental health and wellness in the workplace.

Looking for an easy way to engage your people and encourage positive behaviours and cultural change to overcome burnout?

VacationFund.io

Vacation Fund is an employer matched vacation saving platform that allows employees to direct a portion of their paycheck into a separate Vacation Fund Account and allows companies to top up those contributions. An easy and simple to use system, this solution encourages employees to take vacations to recharge and makes their trips more financially attainable.

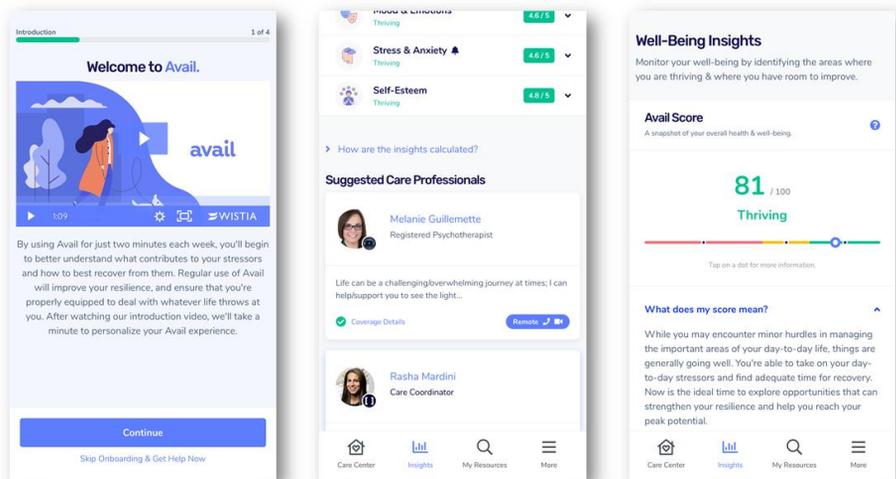


Avail.app

Avail is an employee engagement and well-being management solution. Avail proactively supports employees across the spectrum of well-being by helping them understand the roots of their well-being challenges, and find personalized care resources for them to persevere.

With brief weekly mental health & well-being check-ups that detect issues early, Avail direct members towards care resources and identify when the organization as a whole is at risk.

Through Avail, members can access a network of 24/7 on-demand care professionals to help them be at their best. Companies working with Avail see a reduction in absenteeism, presenteeism, and attrition within the first few months.



Sign Up at: www.theburnoutclinic.com/mobile-app
and get a Free Invitation

Got Questions?

You're not the only one, here are some popular ones.

What is Mental Emotional Release?

Mental and Emotional Release® Therapy is a clinically researched approach to help you release stress, anxiety, fear and other negative emotions. You will be able to utilize MER to overcome procrastination, depression and phobias.

We recommend you buy the Mental Emotional Release book above and read the first four chapters before you make any decisions.

What if I'm currently seeing a therapist?

That's great! We are a complementary therapeutic approach that support other modalities. We will require a referral from your therapist to ensure that you get the best out of your treatments and ensure that we all share the same highest goals for your well-being.

Will I end up quitting my job after this?

No. You'll feel much more resourceful and motivated to focus on your goals. However, with your new found resources you'll be more aware of the type of environment that is more aligned to your personal values to help you design your own meaningful work.

How fast can I breakthrough my burnout?

The burnout intervention process is a 2-day, 8 hour process. After the two days, we will release all the limiting beliefs and emotional baggage associated with your chosen area of life. During our follow up sessions, we will use other tools to clean up any unwarranted behaviors that may slow you down from moving forward.

Can I do this alone?

To get the most benefit out of the treatment, you will work with a qualified NLP Master Practitioner. We also encourage you to work with others in your organization for increased accountability and follow through after the process, however we do accept individual consults and offer coaching services. Make an appointment with us so we can learn more about your personal needs.

How does this relate to job performance?

You will feel more engaged and determined to achieve the goals that fulfill who you are. You will also learn new leadership skills to help you appropriately set the healthy boundaries to prevent future burnout and identify unhealthy work habits in your life and environment.

Is this going to be expensive?

We have designed this program to fit the budget of a typical quality vacation. So if you are intending to use travel abroad as your form of escape, then consider this program as an option to get a deeper level of transformation with the benefits of relaxation, culture and adventure you might be looking for in your next vacation getaway from your burnout. Schedule an appointment with us to learn more about the program.

Are flights and accommodation included?

No. Flights and accommodation are not included in the program. We have partners and agents who can help you get the best deal with your stay in Belize, as well as offer packages to fit your vacation needs.

Do you cover insurance or any financial assistance?

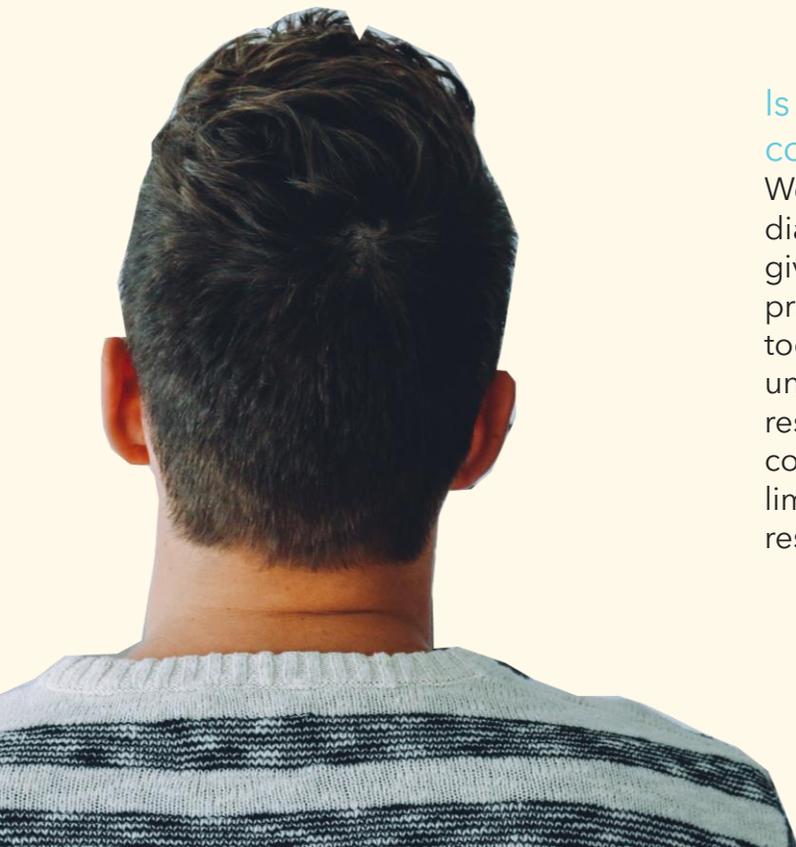
We do not cover any health insurance, however we do recommend you speak with your HR team around policies to use any training and development budget set aside to supplement the cost of this program. Speak with us about setting up a payment plan if you qualify.

What is NLP?

NLP stands for Neuro Linguistic Programming. Neuro refers to your neurology; Linguistic refers to language; programming refers to how that neural language functions. NLP is a set of tools and techniques, but it is so much more than that. It is an attitude and a methodology of knowing how to achieve your goals and get results.

Is NLP related to therapy or counselling?

We don't follow approaches of diagnosing and treating symptoms or give advice by listening to your problems. With NLP, we utilize different tools and techniques to rapidly change unconscious behaviors, access resourceful states, resolve internal conflicts, shift beliefs and remove limitations with our goal to help you get results.



What is Coaching?

Coaching has become a vital management and leadership tool. It gives the structured support, guidance and confidence to enable clients to develop and continue to improve their performance. The goal of coaching is to be thought provoking and ask deeper questions that are potent and powerful to help create new patterns for clients to take action and achieve their desired outcomes.

What are the responsibilities of the coach?

Coaches responsibilities include helping clients discover, clarify and align with what the clients wants to achieve. Encourage the client's self-discovery process. Elicit client-generated solutions and strategies to help them take action and achieve their goals. Utilize NLP tools and techniques to assist the client in achieving their goals. Holding the client responsible and accountable.

How is Breakthrough coaching different than other coaching services?

Breakthrough coaching focuses on releasing limiting beliefs, decisions and emotional baggage before setting goals and taking action. This ensures that client's don't project their deeper rooted issues onto their goals and actions, and subsequently achieving their goals to discover it doesn't align to what's deeply important.

Why Coaching?

We believe coaching as a practice is here to stay in the Future of Work, especially when it comes to creating meaningful work. Being engaged means being accountable to yourself and motivated to want to be creative for your organization. It's also the company vision and mission that drives your own personal goals and achievements, and a coach is someone that can help you keep focused towards them.

Are Coaches experts in the Client's professional field?

Coaching is different from consulting or mentorship. Coaching is a do-with process. The client is an expert in his or her own career and life - the coaches responsibility is to hold the space for the client's vision, and help client's tap into their own resources and insights to become personally and professionally empowered.



How long and where are the workshops held?

Each workshop covers 16 hours. Our workshops are divided across knowledge, exercises and demonstrations to most effectively integrate the teachings into relevant experiences. Workshops are arranged at an offsite meeting space for your team for a deeper transformational experience.

Can we combine workshops with the Burnout Retreats?

Absolutely. While the Burnout Retreats include a 3 month program around creating meaningful work, our workshops are designed to educate the organization around burnout and provide strategies and tools to prevent burnout. We recommend bringing in a corporate workshop to invite members of your team to learn about the effects of burnout and what to do to reverse it.

Can workshops and coaching be done online?

Workshops can be done both in-person or online as a webinar. All coaching is done online and can be facilitated in our Toronto or Belize locations depending on timing and availability. We can help craft the best solution for you. Please book a discovery strategy appointment with our team

Are there public workshops?

Our corporate workshops are designed and focused on private clients only. We value creating results and working directly with leaders and teams to ensure that the knowledge and action plans are tailored to successfully navigate the challenges and opportunities within our client organization. If you're personally looking to learn about these topics, we can assist you in bringing these workshops to your organization.

Do you offer consulting services on culture and creating meaningful work?

We do not offer any consulting services. Our goal with our corporate training and breakthrough coaching is to equip leaders within the organization with the knowledge, strategies and resources needed to create meaningful work that both empowers the individual and organization. We can work along-side your strategic initiatives with our coaching services.

Didn't answer your specific question?

Email us at:
hello@theburnoutclinic.com

Reclaim Your Motivation with meaningful work.

Helping leaders and companies overcome burnout

Our team is highly dedicated to ensuring quality care and support towards encouraging a lifestyle that's healthy, fulfilling and empowering. We focus on certified clinical processes and holistic practices to support and supplement mental health and emotional well-being.

- Increasing productivity
- Higher engagement and performance
- Empowering your culture
- Reducing employee turnover
- Lowering absenteeism
- Increased retention
- Total Rewards and Total Wellness

Burnout Intervention | Prevention and Training | Coaching





Rapidly overcoming burnout in the workplace

On a mission to redefine the workplace as a vital community to empower humanity.

Book a free consultation now.

hello@theburnoutclinic.com | www.theburnoutclinic.com