



# *Burnt!*

## **A proactive approach to building stress resilience and avoiding burnout**

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No matter how much you love your work, by the end of a stressful day juggling multiple demands, it's no wonder you go home feeling stretched to the max. In this refreshing and practical session, you will learn some simple and ready-to-use mindfulness strategies that can help you manage stress, regain a sense of calm and purpose while cultivating personal and professional resilience. You will be able to deal more confidently with the daily challenges of a busy environment and bounce back with greater ease when things feel overwhelming.

Stress is an inevitable part of the twenty-first century workplace. In a robust economy, a rapid pace runs everyone off their feet. During hard economic times, in the face of layoffs and tight budgets, people are asked to do more with less. Either way, in good times or bad, we experience stress. Left unchecked stress negatively impacts health, productivity, morale, and engagement. High stress workplaces can also breed employee burnout. The World Health Organization has now officially recognized burnout as an "occupational phenomenon."

Simple mindfulness practices are the key to being able to recognize personal stress patterns and more effectively handle stress as it arises on a day-to-day basis.

In this session participants will:

- Recognize the hidden impact of environment on stress and burnout
- Explore the keys to creating a resilient mindset
- Define the role of mindful awareness in stress management
- Identify personal stress triggers
- Understand how to monitor and manage self-talk and worry
- Learn simple and practical strategies to feel better able to cope with what is happening in the moment.

NOTE: This session can be tailored to address the specific needs of caregivers or helping professionals particularly dealing with compassion fatigue or a highly demanding environment.

Available as a 60 or 90 minute session, or as a half or full day workshop





## Laurel Vespi

*Motivational Speaker, Award-Winning Author,  
Certified Life Coach*

Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world. Laurel helps people close the gap between good intentions and achieving meaningful goals.

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. Laurel has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books **Spontaneous Combustion: Setting Your Life on Fire** and **To Be Awake**. Laurel is also the host of the popular podcast **The Being & The Doing**.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit [laurelvespi.com](http://laurelvespi.com)

