

# *The Heart Base*

*building a culture of kindness  
and wellbeing*



**HeartBase**



by

**John Earls  
Mark Miller**



# Recover from Burnout Course

*This is an 8 week programme that will help you and your team recover from and prevent further episodes of burnout.*



**John Earls**

Mindfulness lecturer  
and PhD researcher into stress and  
burnout.

John worked as a corporate lawyer and built a litigation businesses that thrived but after years at the top he burned out. He sold his business and left the legal industry.

John say's "when we lose we win" because he sees setbacks as opportunities to learn and grow. From there John went onto study a degree, an MSC and is now researching a PHD project into how to prevent Burnout.

John has identified a number of key variables that are important in the recovery from burnout which has lead him to develop the 5 ways recovery programme.

In this webinar John will show us how to practically use the 5 ways to recover if you or your people in your organisation are suffering from burnout.



## What is Burnout

The World Health Organization recently added workplace burnout to its International Classification of Diseases as an occupational phenomenon. It isn't classed as a disease but a 'factor influencing health status'.

Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- feelings of energy depletion or exhaustion;
- increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.



## The outcomes

Upon completion of this course, you will understand:

- You and your team will be assessed for levels of burnout pre, during and post course to assess levels of psychological resiliency.
- You will be shown how to measure on-going levels of stress and be given tools to keep you and your team on the positive side of the stress scores.
- You and your team will be shown how to improve your self-awareness, so you can identify the factors causing increasing stresses in your life or workplace.
- You and our team will be shown how to integrate the various techniques in your personal life and in your workplace to prevent further episodes of burnout.



## 5 Ways of Burnout Recovery

- The system that will be used is the unique method of the 5 ways of recovering and preventing burnout.
- The system has been developed by John and his team as part of work done testing different technique to treat and prevent burnout.
- The research that forms the 5 ways is part of academic analysis and work conducted on site with companies. All have shown dramatic improvements after only 8 weeks.

# 5 Ways of Burnout Recovery



Positive Thinking



Health



Focus



Compassion



Community