

BALANCEOLOGY

Corporate Brochure

Burnout Prevention for Your Business
wellbeing workshops | coaching | training

balanceology.uk



Burnout

Burnout is a state of physical, mental and emotional exhaustion. It is the collective result of various factors culminating in prolonged stress and health/ life style issues that lead to the severe depletion of the immune 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 the 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 1 hour 40mins by train from London and easily accessible by car via the M5.



Programme Lead

Jayne Morris ICF MCC



Author of [Burnout to Brilliance: Strategies for Sustainable Success](#). 15 years' experience specialising in burnout prevention and recovery.

- PG Cert Personal and Professional Coaching
- Certified Coach Supervisor
- Advanced Diploma in Integrative Art Psychotherapy

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

Associate Tutor for Barefoot Coaching Ltd flagship ICF accredited post graduate Coaching Training Programme. Co-Lead for the ICF Bath & Bristol Chapter.

Animal and nature lover. Enjoys creative projects with her two daughters, wild swimming, walks with the family dog, Blade and laughing lots.



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.



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.



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. Explore self-organising models, such as Holacracy. Available as a 6 or 12 month programme to include fortnightly team sessions, report writing, follow up coaching and consultancy.



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.

Endorsements



Burnout is endemic in the NHS and other public services, and it is important that ways are found to reduce it. Jayne's work makes a valuable contribution, sharing vital information and tactics. **Professor Dame Clare Gerada, Co-Chair of the NHS Assembly and President of the Royal College of General Practitioners**



Jayne Morris combines leading research, expert analysis and profoundly personal messages that clearly signpost the route to avoid burnout. Jayne has lived these lessons and shares her wisdom in an accessible, fun and engaging manner. I cannot recommend highly enough. **Professor Damian Hughes, High Performance Podcast**



Jayne is a true inspiration. She offers urgently needed, hugely accessible solutions to the problem of psychological and physical exhaustion confronting so many people today. She is a supremely good coach and always spurs me to think that little bit bigger! **Nick Bolton, Founder of Animas Centre for Coaching**



Jayne delivers with passion, knowledge and personal experience about how to escape burnout and find a more gentle and balanced way of living. It's a well-worn phrase, but her work really could change your life! **Kim Morgan, Founder of Barefoot Coaching Ltd**



Jayne is one of the UK's best home grown coaches. Her work on burnout offers the rationale, reasoning and tools that could save your life. **Michael Heppell, International Bestselling Author and Trainer**

Testimonials



The Burnout to Balance Programme is life changing. The 3 day training kick started the process like a boost in the arm, unlocking my internal barriers and releasing the emotional shrapnel. The follow-on sessions helped me rewrite my operating manual and successfully reengage with work. From the pits of burnout and depression to the beautiful path of recovery.

Stefan - Airline CFO, UK



I had become a little lost in my position at the UN, Jayne helped me to take much more self-ownership, and connect with my deeper needs and desires. I have since moved into a new role running an NGO, where I feel I'm making a genuine difference in creating a better world, which is fantastic. I highly recommend Jayne's one to one and group work.

Mialy Dermish, Executive Director Sirius



Jayne is great, she delivered two sessions to both our Head Office and Retail Store Managers about burnout, which were so well received. The tips and guidance Jayne provided for our teams were really useful and easy to put into practice.

Jeannie Eden – Head of People, The White Company



It is an absolute joy working with Jayne, who brings a sensitive and expert touch to all she does. Jayne understands the importance of clarifying, communicating and integrating the vision, purpose and values of an organisation not just as the foundation, but at every level of the business. Jayne's coaching and consultancy support has been fantastic.

Piers Milburn, CEO Sprigster



Jayne's expertise and guidance is sorely needed and very well delivered. I would surely recommend her coaching, supervision and trainings to anyone.

Raihan Pancha, Global Programme Manager, Ericsson



Get in touch

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