

# Jayne Morris

Author, Speaker, TV & Radio Guest

**As the Co-Founder of wellbeing business, Balanceology and the UK's leading executive burnout coach, Jayne is an author, speaker and workshop facilitator with a proven track record of inspiring audiences of all sizes.**

Jayne is passionate about sharing game-changing ways to prevent burnout. Over the past 15 years she has helped thousands of people to live a happier, more balanced and fulfilled life.

Whilst burnout is a serious topic, Jayne is well known for her uplifting and energising delivery style. Jayne is a regular BBC radio guest and has made numerous TV appearances. She is a sought-after speaker for conferences, festivals and events. Well versed in all topics relating to stress and wellbeing, she enjoys delivering talks, leading workshops and joining lively panel discussions.



Jayne uniquely blends tools and techniques inspired by multiple modalities, including Integrative Art Psychotherapy and Martial Arts. Whether speaking from the stage or working with smaller groups, she enjoys interacting with the audience and taking people on a fun and experiential journey.

Following Jayne's opening talk for the Conscious Business Club in Piccadilly, London – Co-Director Mary Daniels said:

**“Jayne's insight, knowledge and ability to deliver and cover a topic that affects people in so many ways was fantastic. Don't be fooled by Jayne's gentle manner, this woman has a quiet strength and can deliver a punch if needs be.”**



Since Jayne's practice began in London's Harley Street in 2010, she has helped hundreds of individuals prevent and recover from burnout, in addition to supporting multiple organisations to reduce burnout absenteeism.

Jayne is an experienced facilitator, regularly delivering courses for the world's most trusted ICF accredited training company, Barefoot Coaching. She is also Resident Mental Health Expert and Forum Moderator for Remote, global HR specialists.

Her first book 'Burnout to Brilliance: Strategies for Sustainable Success' was published by John Hunt, an imprint of Wiley in 2015 and described by Dame Clare Gerada, Co-Chair of the NHS Assembly and President of the Royal College of General Practitioners as a:

**“valuable contribution, sharing vital information and tactics“**

As a contributor to Psychologies Magazine and The Huffington Post, Jayne has been featured in leading publications including The Telegraph, The Guardian, The Independent, Cosmopolitan, Women's Fitness, Red and many more.

Jayne resides with her husband and two daughters on the coast, near Bristol where she loves running 3-day restorative retreats, swimming in the sea and taking long walks with the family dog, Blade.





# Signature Talk

## 7 Things You Need to Know About Burnout

In this engaging session you will discover:



- What burnout is
- How it *really* affects us
- Signs and symptoms to help you spot burnout in yourself and others
- Relatable stories about perfectionism, overcaring, blurring of boundaries, saying 'yes' when we mean no
- How to prevent burnout
- The #1 way to build resilience
- What to do to reset your nervous system and power-up your energy - in less than 2 mins!

# 1 Hour Talk Outline

5 mins

What is burnout, really?

10  
mins

Signs and symptoms to help you spot burnout in yourself and others

25  
mins

Relatable stories and advice around blurring of boundaries, perfectionism, over-caring, saying 'yes' when we mean 'no'

15  
mins

How to prevent/recover from burnout. The #1 way to reset your nervous system and power-up your energy

5 mins

Questions & Close

## Testimonials



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 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 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 provided valuable insight to our organization about managing stress and identifying as well as dealing with "burnout". Where mental health and well-being issues are significantly overlooked, Jayne's expertise and guidance is sorely needed, and very well delivered. We found Jayne's visit to be eye-opening and helpful and would surely recommend. **Raihan Pancha, Global Programme Manager, Ericsson**



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**