

BANISH BURNOUT **BOOTCAMP**

Discover the Secret to "Banishing" Stress that
Can Help You Lead a More Balanced &
Healthy Life With Much Less Effort

PDF & VIDEO TRAINING

Hi, Lynn Here!

MY GUESS IS THAT YOU'RE READING THIS
BECAUSE YOU WANT TO LEARN MORE ABOUT
HOW TO MANAGE YOUR STRESS & LEAD A
BALANCED LIFE...



BUT NOT JUST ANY LIFE

You want to create a life that's balanced and authentic, that makes you feel resilient to the daily stressors of your work, clients and family.

Perhaps you felt left behind after investing in someone else's program... and the last thing you want to do is create that same sense of disappointment within yourself again.

YOU'RE NOT ALONE.

Up to 66% of nurses fail to manage their workplace stress and burnout. The numbers are similar for midwives, at a rate of burnout of 55% and oncologists are burning out at a rate of 33-50%.

The business effects of this are staggering... not to mention the lost hopes, dreams and opportunity cost for your family. That's why the self-paced eLearning industry has driven billions of people to get on-board with different styles of managing their stress.

WHAT IF THERE WAS A PREDICTABLE, STEP-BY-STEP SYSTEM FOR SHIFTING YOUR MINDSET AND LIVING IN THE MOMENT EVERY SINGLE DAY WITHOUT THE CONFUSION OR OVERWHELM OF "I JUST DON'T HAVE THE TIME" SYNDROME?

THAT WAY YOU COULD....

- Finally feel confident enough to tap into your authentic self,
- Make your mental health and personal development a priority,
- Motivate yourself to take massive action towards living your healthiest life possible.

ARE YOU UP FOR THAT?

In the coming pages, you'll discover how you can leverage 6 powerful strategies to help you go from stress to zen. This is the first step to getting your life back on track towards living with more balance and authenticity....to help you tap into the real YOU!



Lynn A Chénier



WELCOME TO BURNOUT LAND

- 66% of nurses are reporting stress-related burnout,
- 54% of midwives are reporting stress-related burnout.,
- Up to 69% of oncologists are experiencing emotional exhaustion
- 33-50% of oncologists and palliative care physicians are reporting inefficiencies..

Isn't it time to put yourself first & banish this burnout?

HEALTH CARE PROFESSIONALS ARE LITERALLY EXHAUSTING THEIR BODIES WORKING AND CARING FOR PEOPLE FOR HOURS AT A TIME

....

WHY IS BURNOUT SO PREVALENT?

There are 10 to 15 million doctors in the world. In the US alone, there are approximately 835,000..

The World Health Organization estimates there's a shortage of 4.3 millions physicians, nurses and other allied health professionals.

Question is:...

Are health practitioners being trained for peak emotional performance ?

YET HEALTH CARE PROFESSIONALS CONTINUE TO PUSH FORWARD...DESPITE ADRENAL EXHAUSTION



IMPORTANT: Make sure you're watching the video I made as you read this report. It will help you understand exactly what I'm talking about :)

Training Video 1

What are your professional goals at this time?

What is your #1 personal goal at this time & what is the 1 action item you implement daily to get one step closer to that goal?

Who do you want to become?

TRUTH #1

It's never too late to _____, and _____.

TRUTH #2

Everything is _____.

TRUTH #3

Everything is _____ regardless of _____.

IDEAS & INSIGHTS:

OBSTACLE #1

IDEAS & INSIGHTS...

ACTION STEP #1 _____ & _____

What is your proactive decision?

What do you do that's unique to you?

OBSTACLE # 2

No _____ to get you to _____.

It's never too late to _____, and _____.

ACTION STEP #2

Make a key _____.

The 3 Key Words Are:

Based on what you've learned about the first two action steps & the 3 key words you need to pay attention to, which skills do you need, in your life, and IN YOUR PRACTICE, RIGHT NOW, to create a shift to move beyond where you're at now?

OBSTACLE #3

WHAT'S REALLY HAPPENING ON THE INSIDE?

ACTION STEP #3 _____ & _____

What is your proactive decision?

What are the top two negative thoughts you need to be more aware of?

1. _____

2. _____

In what ways can you relate to my own chaos?

IDEAS & INSIGHTS:

Know what your _____ are doing for you, and get _____ on the _____ to _____.

OBSTACLE #4

What sort of advice have you been given related to this obstacle? What resources have you accessed that no longer serve you?

ACTION STEP #4

Which strengths might you play up here?

1. _____
2. _____
3. _____

The Thriving 10% have 3 things in common (video training 3):

Which of these three are you strong at?

1. _____
2. _____

IDEAS & INSIGHTS:

OBSTACLE #5:

Are you _____ too _____?

ACTION STEP #5 Get a _____ in place.

SECRET #6

ACTION STEP #6 _____ What are your trouble spots right now?

1. _____

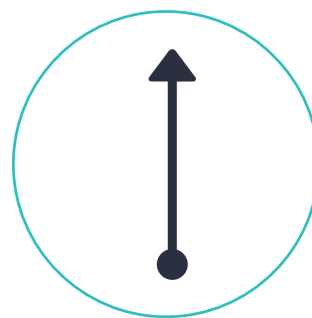
2. _____

IDEAS & INSIGHTS:



8 Mistakes: Info Only

- You're missing your workouts and letting yourself off-the-hook each time
- You don't take any supplements or avoid buying quality ones,
- You keep busy all the time in order to avoid your feelings, so you manage your stress by further exhausting your body and mind.
- Most health professionals drink a lot of caffeine to keep going at all hours of the day and night.
- You don't take time "off", and when you do you're sluggish and unmotivated.
- Most meditation-based products make people feel like they have to be spiritual to learn, practice and get good results,...as well as being demanding on your time..
- You may avoid intimacy from fatigue.
- Forget to Breathe...Stress in the body, mental or physical, activates your sympathetic nervous system. This signals your body to go into "fight-or-flight" mode.



Information & Coaching

- You'll create the right routine for yourself and learn to use a powerful reward system.
- It's about offering the body a good balance of what it needs.
- You learn that endorphins are powerful, that they hook us into seeking wins and positive experiences, but you eventually ease into alternate forms of relaxation.
- When you deliver the right kinds of foods in the right sequence, you get a body fuelled on taking action, and getting results.
- You begin to allow your body to be free from the repetitive strains & you can plan time off.
- Meditation, when learned to do properly, can anchor you to the present moment. And although there are many myths to meditation, there are numerous benefits.
- A hug or cuddle is said to release endorphins.
- Once you apply deep breathing, you disengage the sympathetic nervous system and activate your parasympathetic nervous system – which controls the relaxation response.

Training Video 3

How do you define motivation for yourself? What tends to motivate you based on this definition?



The Thriving 10% have 3 things in common. What are they?

1. _____
2. _____
3. _____

Which of these three areas are you strongest in? _____

Which of these three areas is your weakest, where you might need some help?

What are 3 things you can do to improve your weakest link?



What 3 elements do you need to create powerful daily habits?

1. _____
2. _____
3. _____

If you're struggling with creating powerful daily habits, what is the one missing strategy?

A _____ Strategy!!!!!!

Training Video 3

What are the 6 Human Needs that I discuss in training #3?

Who created this 6 Human Needs Model? _____

Which of these 6 Human Needs resonates with you the most? Pick your top 2.

1. _____

2. _____

How do these top 2 human needs show-up in your life at present?

How did these top 2 human needs serve you in the past?

IDEAS & INSIGHTS: