BURN BRIGHTER LEADERSHIP: FROM BURNOUT TO BURNING BRIGHTER!

Feeling exhausted, overwhelmed,
or stuck in the endless cycle of burnout?

This 6-week coaching journey guides you step-by-step to recognise what's really going on, release what no longer serves you, reclaim your energy and voice, restore your resilience, reignite your joy, and rise to sustain a brighter, balanced life — on your own terms.

If you're ready to stop surviving and start burning brighter, this is for you. Together, we'll walk through my 6 R's Framework to help you heal, lead, and flourish with renewed purpose.

WEEK 1: RECOGNISE
UNDERSTAND YOUR BURNOUT

- Identify true signs beyond tiredness
- Understand mind-body-spirit impact
- Gain clarity on your current state
- Learn practical burnout interruption tools

WEEK 2: RELEASE
LET GO OF OVERLOAD

- Spot energy drains and pressures
- Practice healthy boundary-setting
- Release guilt and unnecessary burdens
- Create space for what matters

WEEK 3: RECLAIM
TAKE BACK YOUR POWER

- Reconnect with your core values
- Find and use your authentic voice
- Realign choices with what matters
- Say yes to yourself, no to drains

WEEK 4: RESTORE
BUILD, REST AND RESILIENCE

- Honour your natural rhythms
- Build restorative daily rituals
- Heal your nervous system
- Strengthen sustainable resilience

WEEK 5: REIGNITE
SPARK JOY AND PURPOSE

- Rediscover what lights you up
- Ignite creativity and passion
- Craft your Burn Brighter Blueprint
- Fuel your life with purpose

WEEK 6: RISE
SUSTAIN YOUR BRIGHTER LIFE

- Celebrate your transformation
- Integrate new habits and wisdom
- Create a lasting Thrive Plan
- Commit to ongoing balance and brilliance

WHAT YOU GET WHEN YOU JOIN BURN BRIGHTER LEADERSHIP

- 6 Weeks of Group Coaching – Weekly 90-minute live coaching calls with like-minded leaders
- 1, 1:1 coaching session
- Private Community – Access to a small, trusted group of leaders who "get it."
- Workbooks, Exercises & Tools – Practical tools to help you reclaim, reframe, and rebuild
- Accountability & Encouragement – To keep you moving forward, even when it's really difficult

BURN BRIGHTER
EMPOWER-LEAD-SHINE

Imagine:

- Waking up energised & in control instead of exhausted & drained.
- Leading your life & work with balance, clarity, & renewed passion.
- Setting strong boundaries that protect your energy & well-being.
- Feeling confident, vibrant, & deeply aligned with your purpose—burning brighter every day.