



THE ABBOTT
ADVANTAGE

Reclaiming Harmony:

Effective Strategies for Avoiding Burnout

CLASS DESCRIPTION:

This comprehensive course is designed to equip individuals with practical tools and transformative insights to counteract the pervasive threat of burnout and rediscover a harmonious and fulfilling life.

Course Highlights:

- Root Causes of Burnout
- The Mind-Body Connection
- Self-Exploration and Reflection
- Resilience and Coping Strategies
- Creating Supportive Environments
- Lifestyle Design for Balance
- Building Lasting Habits

CLASS IS BEST FOR:

- Anyone seeking to proactively address burnout in their professional and personal lives to promote harmony, fulfilling existence.

CONTACT US



UNDERSTAND

This world is characterized by relentless demands and unceasing connectivity. This class is designed to help you create a balance and sense of well-being.



STRATEGY

Explore, participate and discuss signs, symptoms and consequences of burnout personally and in the broader societal context.



IMPLEMENT

Taking the tools and a new transformative insight you will be able to counteract the pervasive threat of burnout. You will walk away feeling capable of discovering a more harmonious and fulfilling life.



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