

## Preventative Burnout Coaching

Coaching is a powerful tool when it comes to changing behaviour and moving towards a culture shift and can help individuals or groups embed the learning they have gained in a workshop or other setting into their day-to-day behaviour. It requires a commitment to action from the person or group being coached and for that reason is best suited to those with active sponsorship from leadership and a mandate to change or influence others. This can be leaders, managers, or specific nominated employees.

### What is Preventative Burnout Coaching?

Today's 24/7 global workplace creates real pressure, particularly for ambitious, driven, and successful leaders and managers who want to keep delivering exceptional work. Technology makes it hard to switch off, literally and mentally. 'Busy' becomes a way of life and we assume we will always be able to operate at a high pace. Preventative burnout coaching is about implementing effective strategies to ensure you can.



Whether it is to help you find your conviction to change or to help you identify the actions that are most likely to help you succeed, all our coaches have the skill and experience to support you as you work towards your goal.

### CHAMPS offers

#### Individual Coaching:

Tailored to meet your specific needs and those of your organisation where appropriate. This will be agreed upon in discussion with your coach, along with the duration, frequency, and a number of sessions.

#### Team Coaching:

A powerful way for a team to come together and bond; to improve their health and wellbeing, personal strengths, self-efficacy, and establish how to work at their optimal performance.

#### Group Coaching:

It's where a cohort of people come together who may not necessarily know each other, or they unite through a common role, project, or campaign, for example, CHAMPS has delivered group coaching to cohorts of Mental Health First Aiders as they navigate their role.

