



BUILDING RESILIENCY TO STRESS AND BURNOUT



Pikes Peak Small Business Development Center

FREE CONSULTING | PRACTICAL TRAINING | BUSINESS RESOURCES

www.pikespeaksbdc.org



Funded in part through a cooperative agreement with the U.S. Small Business Administration



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[Visit the Tri Lakes Chamber Website](#)



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Melissa Healy

Wellness Coach

Dr. Melissa Healy came to Health, Wellness coaching by way of 30 plus years in the hospitality, travel and health and wellness industries.

Throughout these 30 years, she has her own challenges with feeling unappreciated, undermined and losing motivation causing her to “get in her own way”.

Through this experience she found herself passionate about helping people, help themselves, to take back control of their day to day experience, regardless of the people and circumstances around them. As a National Board-Certified health and wellness coach, speaker, trainer, and retreat facilitator, she challenges individuals to take courageous, confident, committed action towards aligning their actions to the daily life experience they desire.

Melissa has brought her workshops and training to the Front Range community, to businesses, fitness centers, networking groups and non -profit organizations.

Visit: <https://melissahealycoaching.com/>

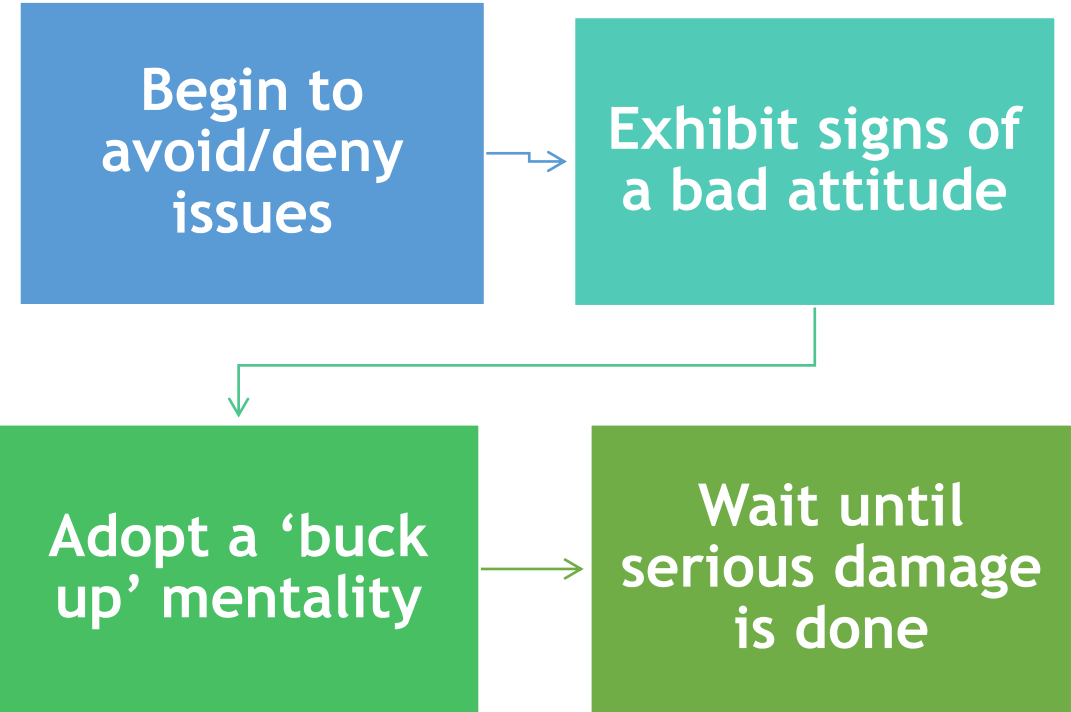
Developing Resiliency to Stress and..

BURNOUT

"**Burnout** is a syndrome conceptualized as resulting from chronic **work-place** stress that has not been successfully managed."

World Health Organization





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“Is this the coroner’s office? I’d like to order an autopsy to find out what killed my ambition, enthusiasm and hope for a brighter tomorrow.”

Perceived loss of control

Goals that no longer resonate

**Constant demands for
depleting time, effort, skill**



Simple Fundamental Shift



Fatigue

Cynicism

Disillusionment



Confidence/Self-esteem

Boundaries

Health



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“She was on vacation for three weeks, but burned up on re-entry.”

Trigger

Response

Outcome



Control:

Accountability

Energy

Boundaries



What do I need most in this moment?



**Burnout can leave you free
falling towards
emotional exhaustion,
cynicism,
and personal and professional
disillusionment.
It is NOT too late to
pull your rip cord**

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