



The **8-Stage** Burnout Recovery and Leadership Excellence Programme

A comprehensive approach to identifying, addressing, and overcoming burnout through evidence-based interventions and personalised support. **100% Confidential**



by Geoff Greenwood FCCA MBA MSc

Stage 1: Complete Burnout and Chronic Stress Questionnaire

The journey begins with a comprehensive assessment across nine critical burnout domains:

① **Exhaustion**

Evaluating physical and mental energy depletion

② **Mental Distance**

Measuring detachment from work and colleagues

③ **Emotional Impairment**

Assessing emotional regulation challenges

④ **Cognitive Impairment**

Evaluating focus, memory and decision-making

⑤ **Work-Life Balance**

Examining boundaries between professional and personal life

⑥ **Support Resources**

Identifying available personal and professional support systems

⑦ **Leadership Stressors**

Pinpointing specific leadership challenges contributing to stress

⑧ **Job Satisfaction and Purpose**

Evaluating meaning, fulfillment and alignment with values

⑨ **Physical Symptoms**

Documenting physical manifestations of chronic stress

Stage 2: Professional Analysis of the 9 Domains



Our expert team conducts a **thorough analysis** of your questionnaire responses across all nine domains to identify specific areas of concern.

This professional assessment establishes a **clear risk profile**, highlighting the domains requiring immediate attention and intervention.

The analysis provides a **baseline** measurement that will be used to track your progress throughout the programme.



Data Collection

Gathering your responses from the comprehensive questionnaire



Domain Analysis

Examining each of the nine domains for patterns and concerns



Risk Assessment

Identifying critical areas requiring intervention



Findings Summary

Creating a clear profile of your burnout status

Stage 3: Research-Based Investigation

Following the identification of your specific areas of concern, our team conducts in-depth research through relevant data, evidence, and scientific literature related to your particular burnout profile.



Scientific Literature Review

Examining the latest peer-reviewed research on burnout recovery



Data Analysis

Analysing patterns and correlations in burnout data



Evidence Compilation

Gathering proven approaches for your specific concerns

This research phase ensures that all recommendations and interventions are firmly grounded in the latest scientific understanding of burnout recovery and leadership excellence.

Stage 4: Comprehensive Client Report and Presentation

Our highly skilled team compiles a **detailed report** that clearly outlines:

The specific **problems** identified in your assessment

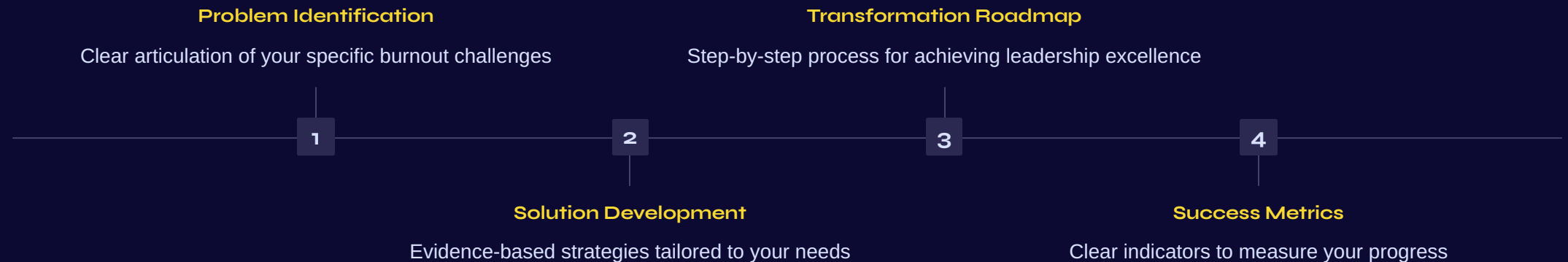
Tailored **solutions** based on scientific evidence

A **rapid process** to transform from your current benchmark to leadership excellence and wellbeing

The report includes **evidence-based** interventions and strategies extracted from the literature of:

- Neuroscience
- Sport and performance psychology
- Cognitive and behavioural sciences

Additionally, the report provides clear **success metrics** and **scientific references** to support all recommendations.



Stage 5: 13 Weekly Video Training Modules

Engage with our structured 13-week video training programme designed to make the recovery process straightforward and effective.

Weekly Implementation

Each week focuses on quick and simple interventions that build upon previous modules

Scientific Explanation

Clear explanations of why each intervention works based on scientific principles

Practical Guidance

Step-by-step instructions on how to implement each technique effectively

Module Structure

- Introduction to the week's focus area
- Scientific background and evidence
- Practical intervention techniques
- Implementation guidance
- Progress tracking tools

Benefits

- Bite-sized, manageable learning
- Flexible scheduling to fit your timetable
- Progressive skill building
- Immediate application to real-world situations

Stage 6: 24/7 AI Support and Expert Guidance



Throughout your journey, you'll have access to comprehensive support systems designed to provide assistance whenever you need it:



24/7 AI Agent

Our fully trained AI assistant is available around the clock to answer questions, provide guidance, and offer support whenever you need it.



Unlimited Email Support

Direct access to our team of experts through email for more detailed questions and personalised guidance.



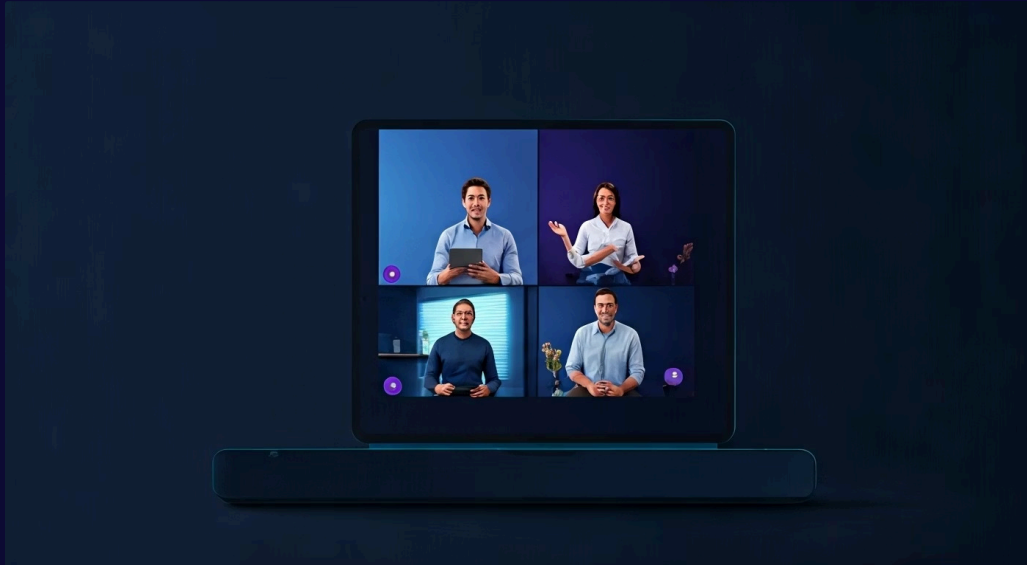
Chat Support

Immediate assistance through our chat platform for quick questions and real-time problem-solving.

This multi-layered support system ensures you're never alone in your burnout recovery journey, with expert guidance available through multiple channels at any time.

Stages 7 & 8: Personalised Coaching and Achieved Excellence

Stage 7: Laser Coaching Sessions



For **upgraded clients**, we offer **personalised 20-minute Laser Coaching sessions** conducted by our expert coaches through:

- Video meetings
- Telephone calls
- Offline channels

These focused sessions provide targeted guidance on your specific challenges and accelerate your progress through the programme.

100%

Personalised Approach

Every aspect of the programme is tailored to your specific needs and challenges

8

Structured Stages

A clear pathway from burnout to excellence

Stage 8: Achieved Outcomes



Upon **completion** of the programme, you will experience:

- Relief from burnout symptoms
- Enhanced overall wellbeing
- Excellence in performance
- Sustainable leadership practices
- Improved work-life balance
- Renewed sense of purpose and satisfaction

13

Weekly Modules

Progressive learning and implementation



Identity Reinforcement + Habit Stacking Plan

Your Identity Integration Protocol

Welcome to your personalised identity reinforcement and habit stacking plan. This protocol is designed to help you integrate new habits into your identity through strategic implementation and consistent practice.



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Week 1: Daily Foundation: Mirror affirmation + two stacked habits

Morning Mirror Affirmation

Begin each day by looking in the mirror and affirming your new identity statement aloud.

First Stacked Habit

Immediately after your affirmation, perform your first habit that aligns with your new identity.

Second Stacked Habit

Chain your second habit directly after completing the first one, creating a seamless sequence.

During this first week, focus on consistency with these three elements: your mirror affirmation followed by two carefully selected habits that support your desired identity.



Week 2: Addition: Add third stack once other two feel automatic

Signs of Automaticity

- You perform the first two habits without conscious effort
- You notice discomfort if you miss your routine
- The sequence feels natural and connected

Adding the Third Stack

Once your mirror affirmation and first two stacked habits begin to feel automatic, carefully introduce a third habit to your sequence.

This progressive approach prevents overwhelm while steadily building your identity-aligned behaviour chain.

Only add the third habit when the first two feel like a natural part of your routine. Patience with this process ensures lasting change.

Week 4: Self audit: Use the SRBAI index to score each habit's automaticity 1-5

After three weeks of consistent practice, it's time to formally evaluate your progress using the Self-Report Behavioural Automaticity Index (SRBAI).

SRBAI Assessment

Rate each habit on a scale of 1-5 for the following statements:

- I do this automatically
- I do this without having to consciously remember
- I do this without thinking
- I start doing this before I realize I'm doing it

Interpreting Your Scores

Higher scores (4-5) indicate strong automaticity and successful identity integration.

Lower scores (1-2) suggest the habit needs more consistent practice before adding complexity.

This self-audit provides objective feedback on which habits have truly become automatic and which require additional reinforcement.





Week 5+ Progressive Complexity: Increase while maintaining core identity practices



Maintain Core Practices

Continue your mirror affirmations and fully automatic habits as your foundation.



Gradual Expansion

Incrementally add new habits that further reinforce your identity, only after existing ones score 4+ on SRBAI.



Increase Complexity

Progress from simple habits to more challenging behaviours that strongly align with your desired identity.

As you move beyond week 5, focus on maintaining the integrity of your core identity practices while strategically increasing the complexity and scope of your habit stacks. This progressive approach ensures sustainable identity reinforcement over time.