

# Balance Before Burnout 4-Week September Program

Help employees recognize early signs of burnout, restore energy, and build sustainable habits that support both mental and physical wellbeing. Through educational webinars and interactive movement sessions, participants will learn practical strategies to create balance, improve recovery, and protect their wellbeing before stress and seasonal demands begin to rise.

## Program Format (60 minutes each week)

- 30-minute webinar – practical energy optimization strategies
- 30-minute Movement Session – all fitness levels welcome

Themes build each week: Recognize → Manage → Build → Sustain

Events take place Mondays at 12:00PM (with the exception of Labor day, which will be on Tuesday) and Fridays at 12:00PM, all Eastern Standard Time (EST). Anyone who registers will receive the recording.

| <br><b>RECOGNIZE</b>                                                                            | <br><b>MANAGE</b>                                                              | <br><b>BUILD</b>                                                                       | <br><b>SUSTAIN</b>                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 1:</b><br>Recognizing the Burnout Warning Signs<br><br><b>Webinar:</b><br>Burnout Isn't a Badge of Honor<br><br><b>Movement Session:</b><br>Reset & Release Mobility Flow | <b>Week 2:</b><br>Managing Energy, Not Just Time<br><br><b>Webinar:</b><br>The Energy Equation<br><br><b>Movement Session:</b><br>Midday Recharge Movement Break | <b>Week 3:</b><br>Building Emotional Resilience<br><br><b>Webinar:</b><br>Finding Calm in the Chaos<br><br><b>Movement Session:</b><br>Mindful Movement for Stress Relief | <b>Week 4:</b><br>Creating Sustainable Balance<br><br><b>Webinar:</b><br>Recovery as a Performance Strategy<br><br><b>Movement Session:</b><br>Restore & Recover |

## Program Features

- Practical tools for preventing burnout
- Recognize early signs of burnout and stress
- Downloadable resources
- Interactive polls and live Q&A
- Recorded sessions available for those who register

**Total cost : \$1,500**

**[Click Here to Purchase](#)**

*Please add in Order notes "Balance Before Burnout"*