

Fwd: New Dialogue and Chapter of Mindhood Alert: Burnout 🔥

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İleti başlangıcı:

Kimden: Mindhood Community <community@learnup.io>
Tarih: 13 Mart 2020 16:25:48 GMT+3
Kime: YusufG <y.gulsayin@gmail.com>
Konu: New Dialogue and Chapter of Mindhood Alert: Burnout 🔥
Yanıt Adresi: Mindhood Community <community@learnup.io>



Hey YusufG,

We have great news from **Mindhood** universe! 🥳

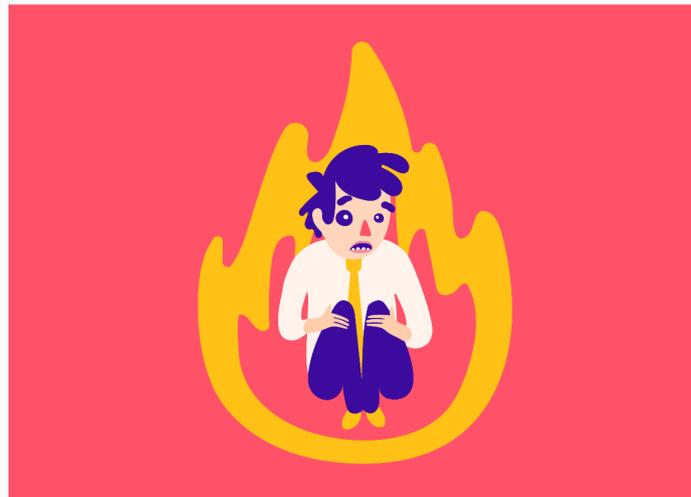
Mindhood has a new journey that will take you into path for recovery about burnout! Please follow the steps:

1. Take the test.
2. Get comfortable while reading about it.
3. Meet with our instructor during this period, **Banu Hantal**.
4. Join our 10-day experience.

It is going to be fun, we promise!

[Test Yourself](#)

Featured Dialogue: 🔥 Burnout 🔥

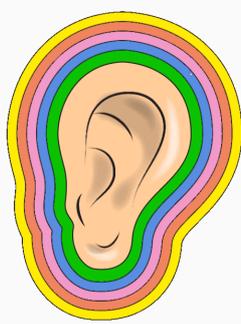
**What is burnout about?**

The original meaning of the term burnout refers to a rocket engine stopping due to the depletion of fuel. A **mild burnout** leads to low cognitive performance, productivity, and life satisfaction. Also, it significantly strains social relationships.

Burnout is usually accompanied by depression -so many people will have both.

What will you learn?

- ✔️ What is *burnout*?
- ✔️ 80/20 principle in work
- ✔️ Regulate life energy
- ✔️ Experience of joy



Did you hear:

23% reported feeling burnt out at work very often or always.

Physicians are one of the at risk groups with a rate of **44% self-reported** burnout.

According to Blind app. survey ran in May 2018, **57% of tech workers** report experiencing burnout.

Feel exhausted? Find yourself resenting the people or your work? Or feel like you can't take it anymore? Banu Hantal, Leadership Psychologist & Executive Coach is here to help you heal your burnout with certified coaching methods. All you have to do is **click the button** below.

[More Information](#)

Creator Spotlight: Banu Hantal



Banu Hantal is a psychologist specialized in performance and leadership. She coaches startup CEOs of Silicon Valley on how to create companies where high performance and wellbeing coexist.

Join 10-day Experience



10-Day Experience
\$20

Daily 10 minutes of exercises, reflections, audio guides, videos, and learning content for 10 days.



10-Day Experience & 45 minutes 1 to 1 Call
\$250/hour

The 10-Day experience to cool down your burnout is not enough? Here is your virtual flight ticket to San Francisco to talk with Banu Hantal to have personal support.

[Enroll Now](#)

See you next week,
Until that day comes "Stop and smell the roses," and [reply to us about not your Coronavirus status but your possible remote work routines.](#)

The Mindhood Family



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