



burnout is real

96%

report a decline in
mental health

82%

report
exhaustion

70%

have considered quitting
due to burnout









What are the **'get to'** parts of your work?

What is the **'have to'** work you're doing but don't enjoy?

the 3 risks of burnout



BAD DECISIONS

Making decisions from exhaustion rather than strategy. Reactive vs. Proactive.



MISSED WINS

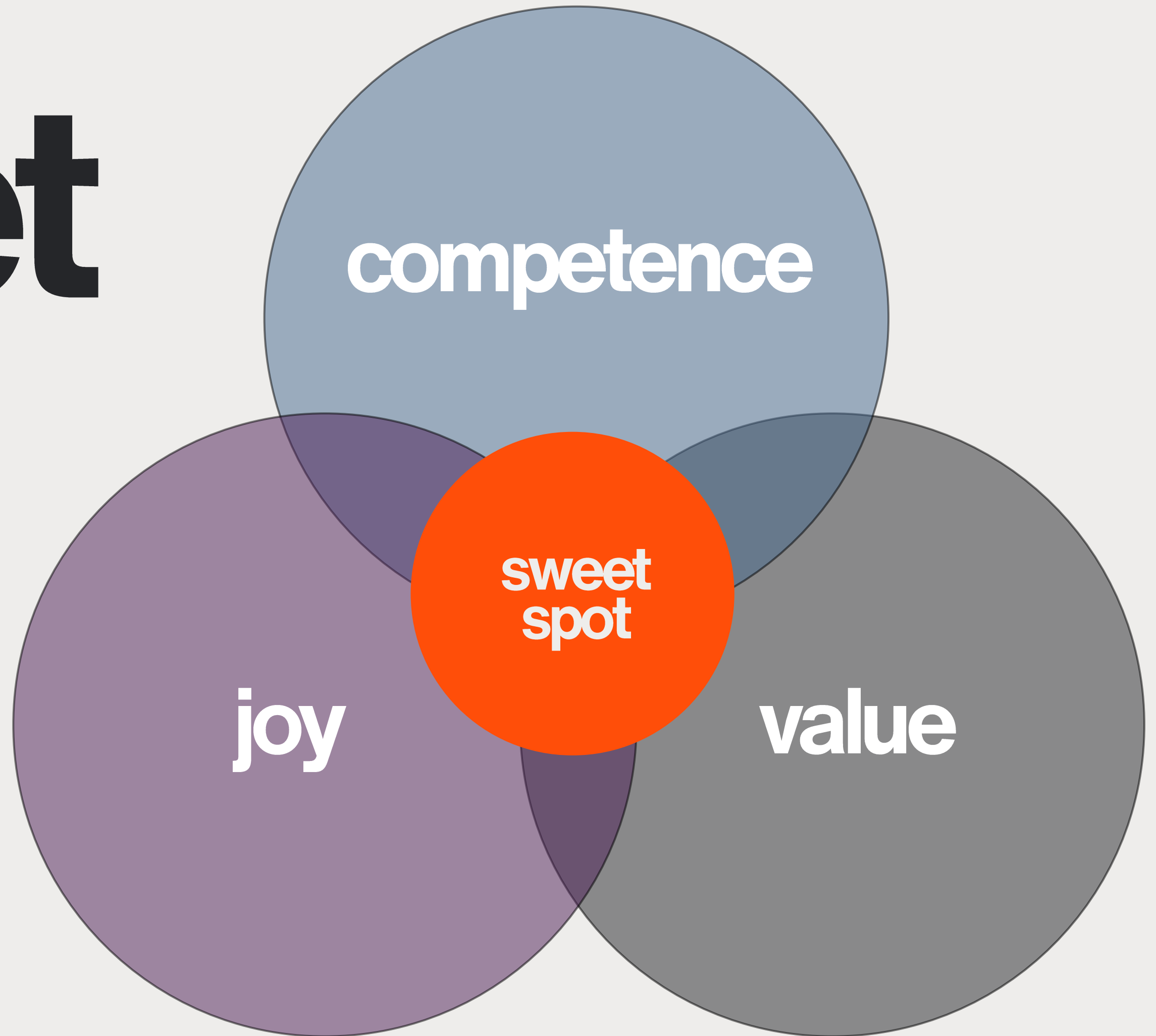
No bandwidth to innovate or spot the next growth opportunity.



TEAM COST

A burned-out leader breeds a stressed-out, rigid atmosphere.

sweet spot





WE PAY
MENS & LADIES

HIGHEST PRICE
SECOND HAND CLOTHING & SHOES

376

LADIES
APRIL

Mens Suits
as Low As
2.00

370

BUY & SELL

MENS & LADIES

SECOND HAND CLOTHING

SHOES

BUY

MENS & LADIES

SECOND HAND

SHOES



real leadership id



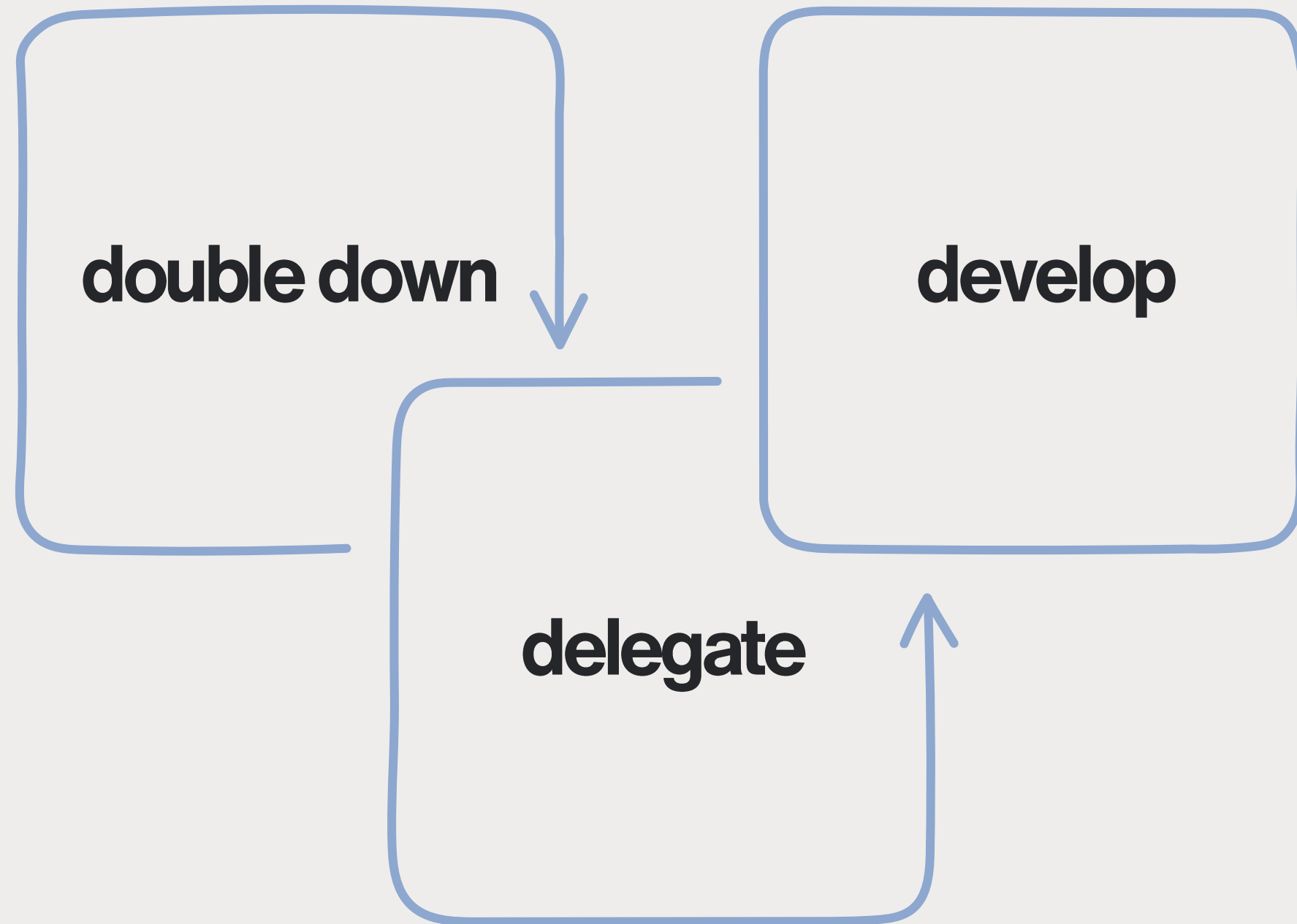
01 sweet spot

02 detect self-sabotage

03 action plan



action plan





RC
RIDGECUT
TOUGHWEAR

66

2X

real leadership id



01 sweet spot

02 detect self-sabotage

03 action plan

What makes *me* an effective leader?

What are one or two ways I
'shoot myself in the foot'?

there are no carbon copies

Own your leadership



www.viveroleadership.com

