



# BANISH BURNOUT

ROBERT HART - FOUNDER



Grow  
innovating people development



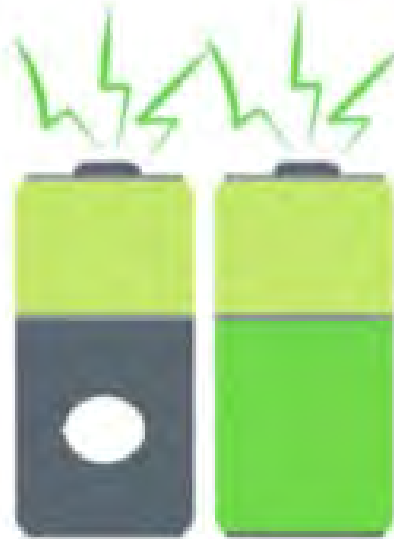
# STRETCH

# HEADING FOR AN ENERGY CRISIS?

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- ◆ Sleeping less than 7-8 hours per night?
- ◆ Hungry every 3 hours?
- ◆ Exercising less than 3 times per week?
- ◆ Unable to 'switch off' from devices and technology?
- ◆ Often irritable, anxious and overwhelmed ?

# CAPACITY



# DEMAND



168 HOURS



# MANAGE ENERGY,



# NOT TIME









# MULTITASKING IS A MYTH

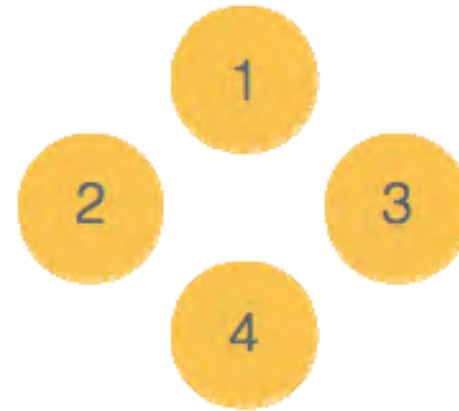
1 2 3 4 5 6 7 8 9 10 11 12 13  
14 15 16 17 18 19 20



M 1 U 2 L 3 T 4.....



# ATTENTION CONTROL ACTIVITY





# 90 Second Recovery Exercise



BREATHE  
OUT

Grow  
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# LOCK IN WAKE UP TIME



7-8 HOURS  
UNBROKEN  
SLEEP





MANAGE  
CAFFEINE





# BEDTIME DIGITAL DETOX





# EXERCISE



Questions?