

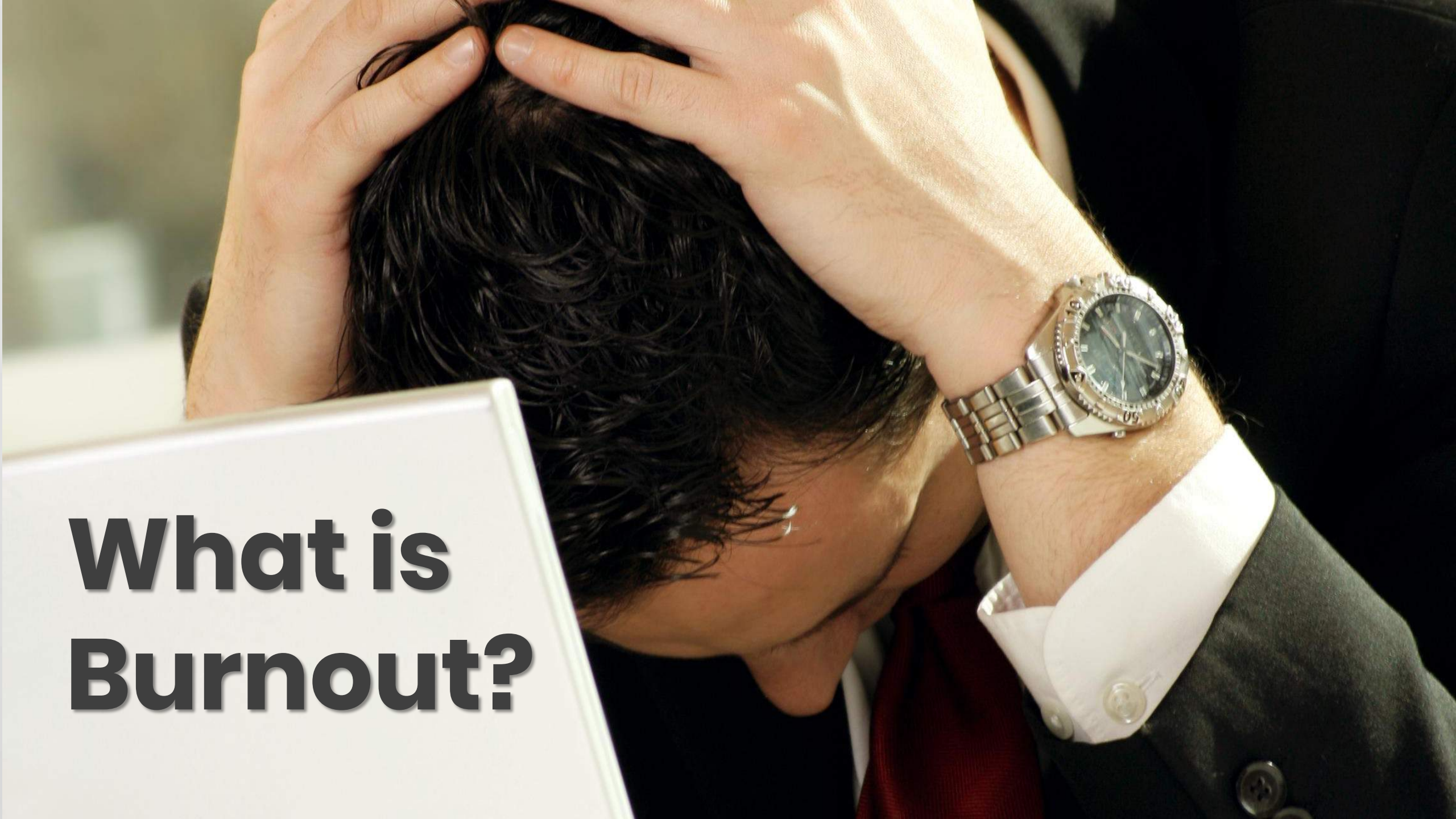
BURNOUT BREAKS

Presented by...

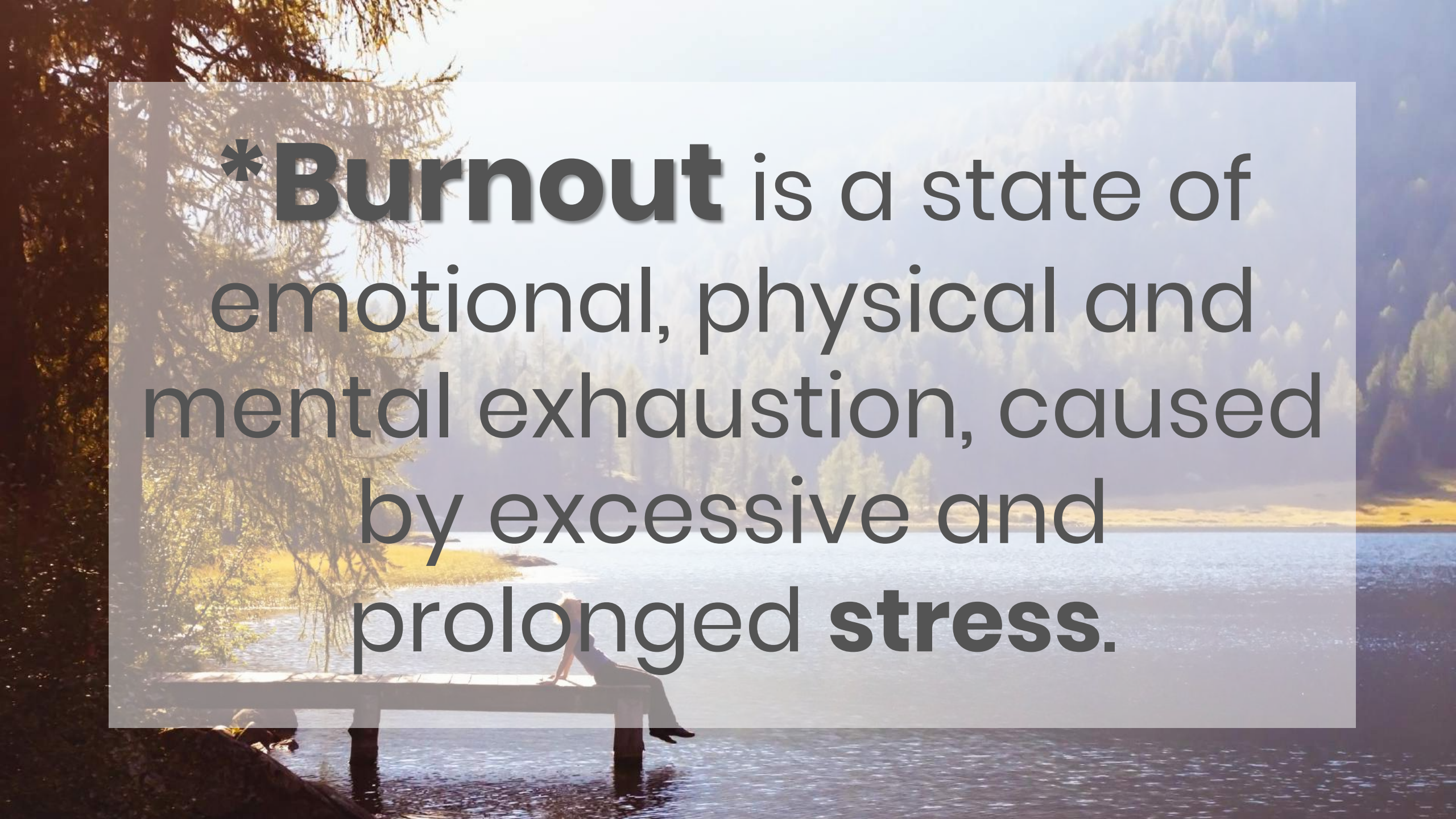
Overflowing Life

COACHING | EQUIPPING | GETAWAYS



A close-up photograph of a man in a dark suit, white shirt, and red tie. He is holding his head in both hands, with his fingers buried in his dark hair, suggesting a state of extreme stress or exhaustion. A silver-toned chronograph watch with a metal link bracelet is visible on his left wrist. The background is blurred, showing what appears to be an office setting. In the bottom left corner, there is a white rectangular area containing the text 'What is Burnout?'.

What is Burnout?

A person is sitting on a wooden dock that extends into a calm lake. The background is filled with dense evergreen trees under a bright, slightly hazy sky. The water reflects the light, creating a serene atmosphere. The text is overlaid on a semi-transparent white box in the center of the image.

***Burnout** is a state of emotional, physical and mental exhaustion, caused by excessive and prolonged **stress**.

What is Life Coaching?

A person stands on a rocky ledge, looking out from a cave opening. The sun is shining brightly through the opening, creating a lens flare effect. The landscape outside the cave is a vast, hazy mountain range under a clear sky. The cave's interior is dark and textured with rock formations.

“Life Coaching is *not* mentoring or acting in an advisory capacity. It's an art of asking powerful questions, followed by active listening, and facilitating the answers and thought processes in a coachee. The goal is to find solutions in areas where the Coachee feels 'stuck'; to grow in areas where growth is needed; to reach certain goals; to find clarity and purpose and to move from a depleted and overwhelming life to a life of **overflowing**... Coaching is *not* counseling. As opposed to traditional therapy, where a person's *past* is analyzed and discussed, life coaching rather focuses on proactive self-care & self-improvement (by taking positive steps for the **future**). The Coach and the Coachee agree on the agenda for each session pertaining to the area in the Coachee's LIFE where he/she needs coaching on, e.g., your Work; Finances; Health; Friends; Family; Marriage; Spiritual/ Personal Growth; Leisure; Energy & Joy levels; etc.... ”

“

Having a coach is like having a personal trainer for your mind, your emotions and even your soul.

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Does vacations make any difference?

Air New Zealand teamed up with former NASA scientists to prove the fact that vacations DO in fact dramatically increase work productivity and overall health. The study was called the "Vacation Gap" – the gap that exists between travellers' perceptions of the effects of a vacation versus its actual physiological and psychological effects. Some of the astonishing results were as follow:

- On the first day of return of their vacation, staff members that travelled demonstrated 82% better performance than prior to vacation. Age group 45+ had 50% better overall post-vacation performance.
- The physiological benefits of a vacation extend well after passengers arrive back home. The subjects continued to get more sleep after they returned from vacation with an average of nearly 20 more minutes each night.
- In addition, following their return from vacation, the subjects enjoyed three times more deep sleep, the sleep level during which the body and cells physically regenerate and restore themselves. Post-vacation deep sleep accounted for almost 20 percent of travellers' total sleep time – whereas the average pre-vacation deep sleep only accounted for six percent. Vacation leads to better health through more rejuvenating sleep – which means fewer sick days!
- In addition, the data collected from the APM demonstrates that going on vacation actually lowers travellers' heart rates by more than four percent, proving the positive physiological effects of vacationing.
- More than half of survey respondents reported up to a 25% increase in happiness after a vacation and nearly the same number reported that their stress levels dropped by the same amount.
- Travellers rated their overall health more than one full point higher (on a scale from one to five) while on vacation.
- *Conclusion: "Of perhaps greater importance than performance increase, however, is the conclusive data demonstrating that vacations result in improved health, sleep and healing," said Dr Rosekind.*

What is A Burnout Break?

by
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OUR Unique accommodation criteria....

1. **LOCATION:** “Off the beaten track”; away from the business of life....
2. **SET-UP TO RELAX:** Privacy/ solitude/ stillness. You will be able to relax...
3. **SURROUNDINGS:** Interaction with wildlife and/or nature. Breath-taking views...
4. **ESSENTIAL SERVICES:** Such as least 2-3 (healthy) meals a day + Laundry + Cleaning.
5. **EXPERIENCES:** E.g. Spa/ Massages and/or many other activities that will fuel a weary soul.

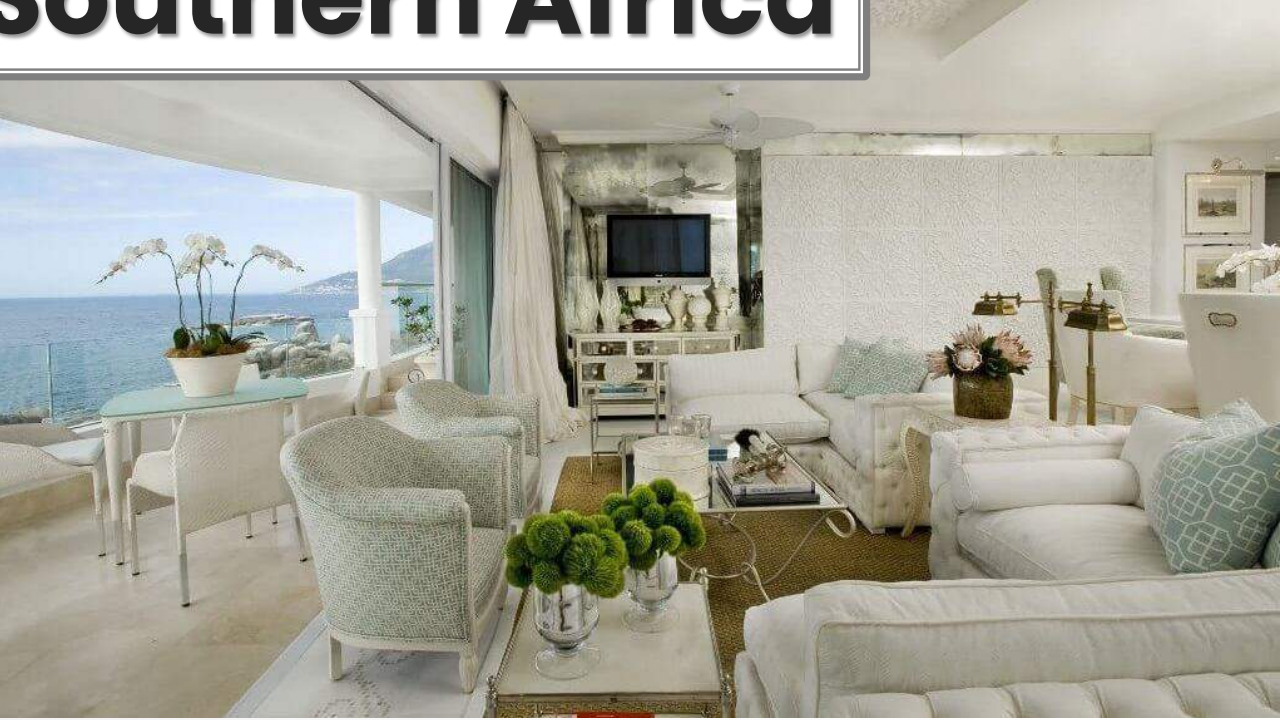
+ Full-Service Planning

(Flights, Car Rental, Private Transfers, Activities, Special Requests & All logistical planning)





South Africa & Southern Africa



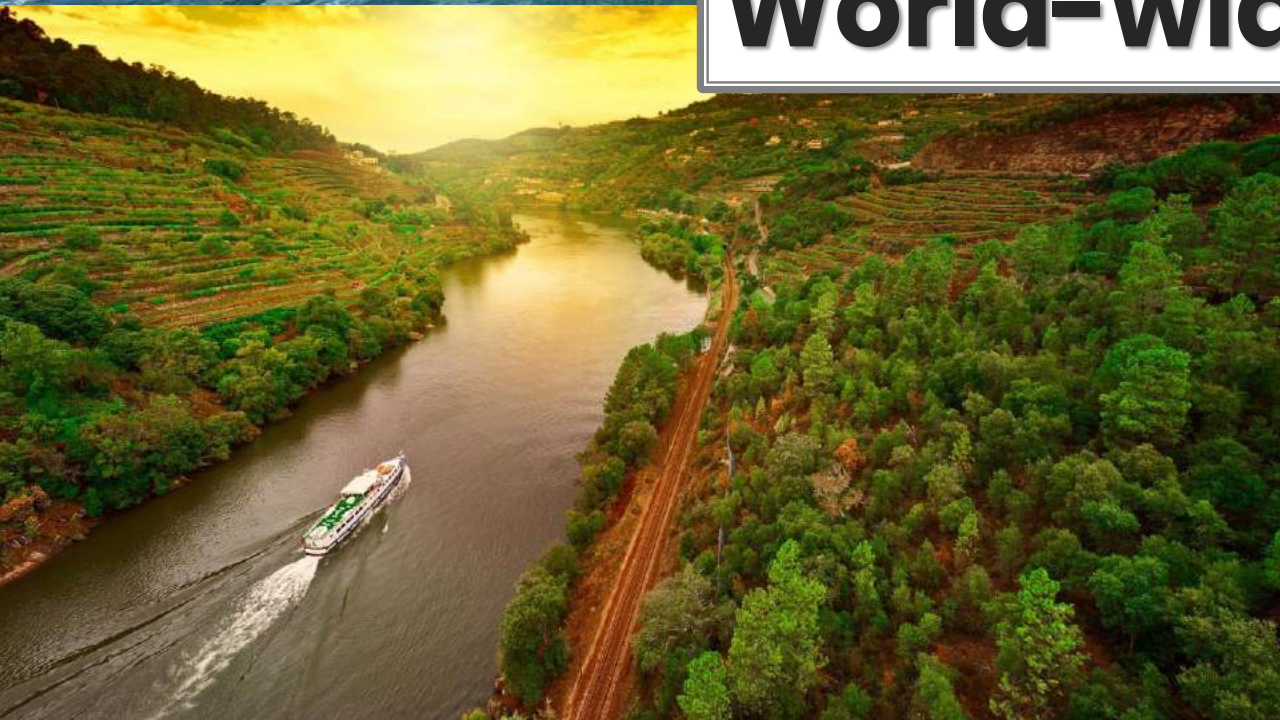


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during your holiday



3- 4 Life-Coaching Sessions
after your holiday (In
person or online via Zoom)

BURNOUT BREAKS

Contact us for a **Tailor-made** solution:



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HENNIE ALBERTSE

Burnout-survivor & tailor-made holiday planning specialist

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“Take a break, before you break...”