

the concept

It can feel awkward, scary or impossible, to face burnout when in a senior role.

The one good thing about burnout is...with a kind and tailored approach - it IS truly reversible.

This means that returning to full energy, good sleep and enjoying career again IS within the grasp of every burnt out professional.

Our consultant only phone in is one way forwards - in confidence and anonymity. Prefer a one to one? Go to our home page to begin.

the origin



Getting out of the burnout maze is very challenging to do alone. It is all too easy to go round in circles or in denial... for years.

Burnout Geese was set up in 2017 by Dr Sonia Hutton-Taylor (aka Head Goose) who had set up Medical Forum Career Management in 1990.



[burnoutgeese.com /callin](https://burnoutgeese.com/callin)



go to website link above for number/next date



geese@burnoutgeese.co.uk

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**AN INFORMAL GROUP
APPROACH TO FACING &
FIXING BURNOUT**



sponsored by Burnout Geese

the mission

The geese have a mission:
to spearhead burnout learning.

We believe that the burden
burnout imposes on professional
people needs both highlighting
and clear pathways for fixing it.

We design programmes for
helping those with burnout to
both face and eliminate it.

Consultant personnel are often
assumed to not need specific,
tailored support. We like to think
we know different!



www.burnoutgeese.com

the trap...the fix

Things not impacting burnout

- bursts of sick leave
- holidays
- reducing workload (LOL)
- hoping it will go away
- denying it entirely

Things that work to fix it

- steady structured support
- expert input (not web trawl)
- gentle yet forwards steps
- targetted learning
- seeking independent help



the call format

STEP 1 7 PM

Call the number (free minutes
from mobile) 1st Monday of
month. First name or nickname.
There may or may not be other
consultants on the call.

STEP 2 LISTEN

The conference call
content is varied - typical:

- topic of the week
- Q and A
- recommendation for
the week

STEP 3 ENGAGE (OPTIONAL)

Email a question during the
call. There may be a chance
to ask live We can't answer
all questions but your "Q"
helps to steer future topics