

**CARLA HAMPSHIRE**  
**Speaker | Wellness Coach | Author**

---

***Beating Burnout***

**Session description:**

Are you feeling the pressures of work and in your personal life? Burnout occurs when the demands of life leave you feeling mentally and physically drained.

You will learn to recognize the signs of burnout, gain the tools to return to a sense of wellness, and get back to a place of calm.

**In this session, you will learn how to:**

- Name your frustrations in regards to home, work, and health.
- Identify what's working well in your life, and what isn't and how to change it,
- Breathe to regain calm,
- Eat well to help you recover from burnout,
- Make room for exercise and recreation in your life.

You will come away with a clearer understanding of the causes of burnout, how to recover, and how to make lasting changes that will help you avoid overwhelm in the future.

***\*Available as a 45 to 60 min Keynote, as a 60 min Workshop/Lunch-and-Learn, or as a half day in-depth Workshop.***

**Testimonials**

*I attended two of Carla's workshops at our Staff Convention. The content was wonderful and eye-opening. I especially loved the engaging games and activities we did in both sessions, and the lively discussions we had, and how very well she answered all our questions. Carla, you are very good at what you do. Keep inspiring people around you.*

*~ Iñigo Antonio J. Cariño - Education Assistant, Calgary Board of Education*

*Carla's workshop was presented with a smile and such confidence. I am going through a rough divorce, and your words inspired me to breathe and take time out of every day to do something for myself. I haven't put me first in a long time. Now it's time for me. Bless you Carla.*

*~Margaret B. – Calgary Board of Education*

**1.403.650.5483 | [Carla@CarlaHampshire.com](mailto:Carla@CarlaHampshire.com) | [www.CarlaHampshire.com](http://www.CarlaHampshire.com)**  
***Healthy Body for Life***