

How to avoid Burnout?

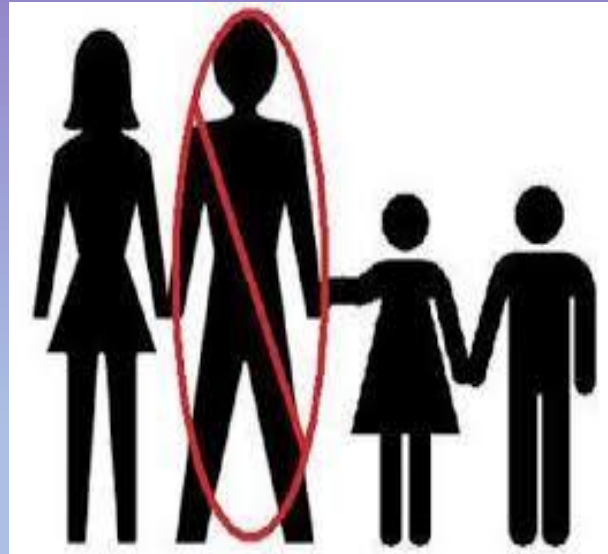


What's the opposite of burnout?



About me ...

Keeley Taverner
Psychotherapist
Know your worth









Clients inform my understanding

Field up.

Rather than up down.

5 factors that show up every time

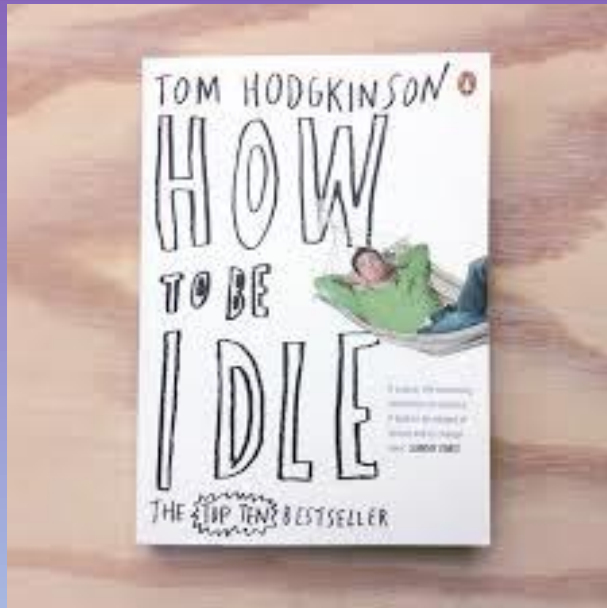


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Number 1



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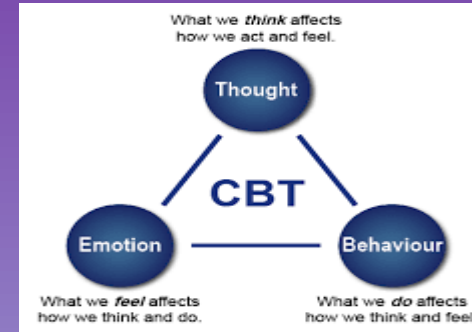


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Internal



External





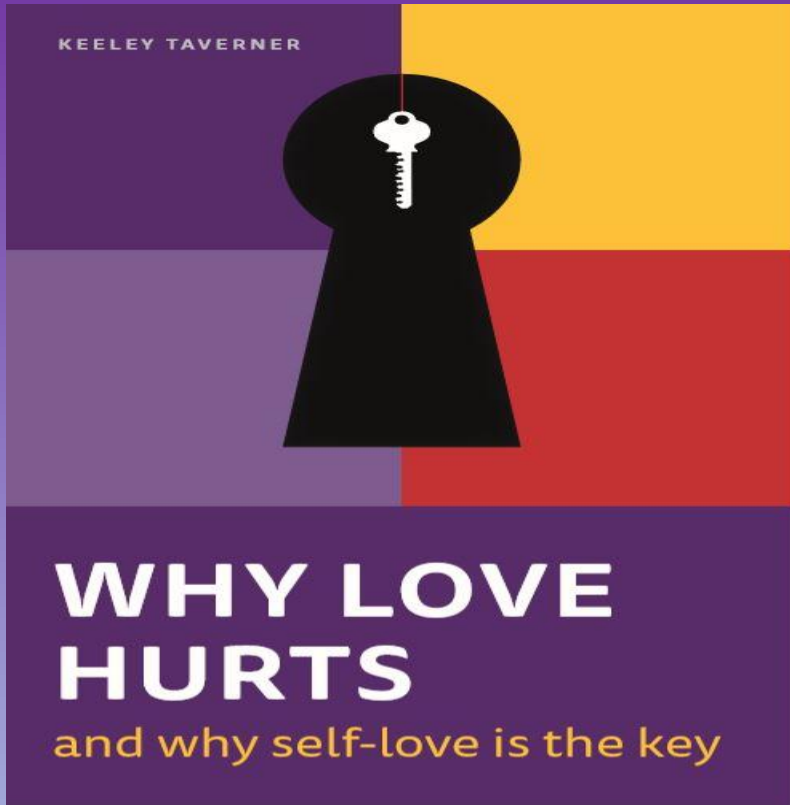
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After this there is not turning back

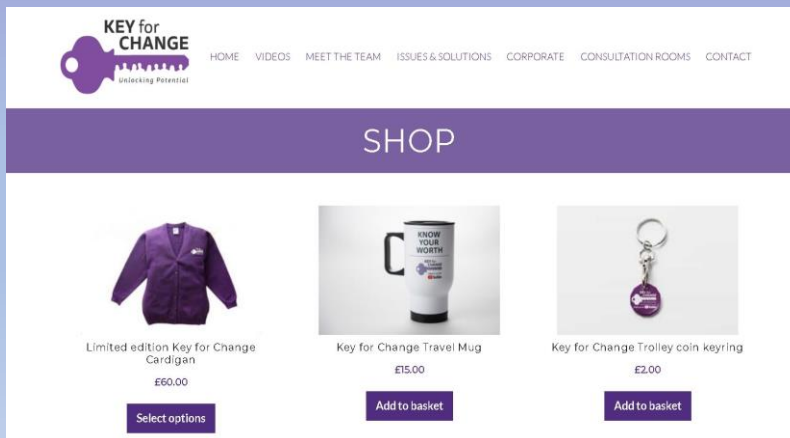


You can take the red pill, wake up in your bed and believe what ever you want to believe or you can take the blue pill, stay in wonder-land and I will show you how deep the holerabbit goes

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Audit of your device



<https://www.keyforchange.com/shop>




Does Whats App leave you feeling stressed, anxious, paranoid and depressed?

What's App anxiety is real and much more common than you think! Discover my fifteen self-care tactics to help you maintain your sanity while using your device. PLEASE SHARE this link with someone that would benefit from support.

* Email Address

* First Name

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WHAT'S APP ANXIETY?

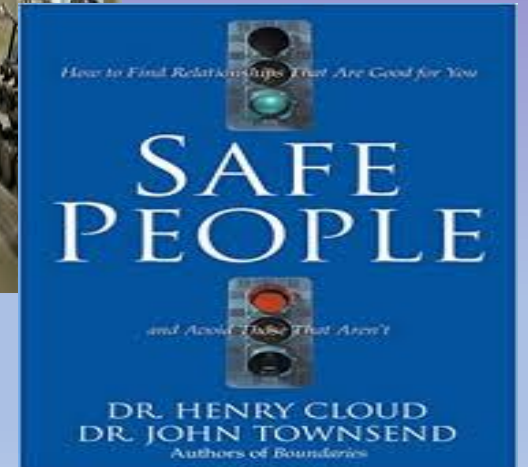
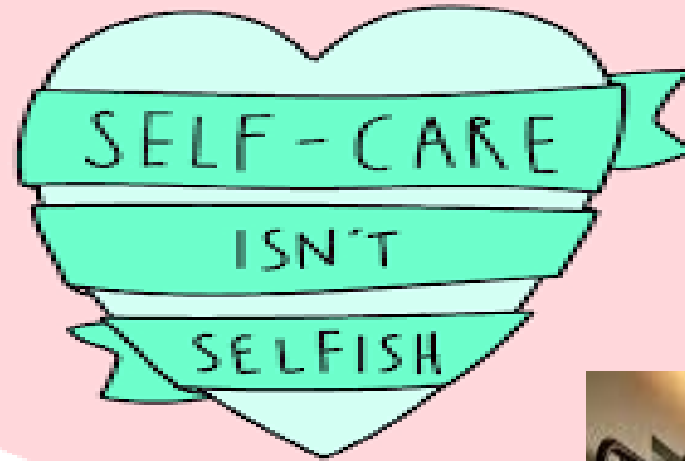
15 TIPS TO HELP YOU KEEP YOUR SANITY



<https://bit.ly/2tYRxCP>



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101 **Excuses**

FOR ALL OCCASIONS



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GET OUT
— *of* —
YOUR OWN
WAY

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THE 2% MINDSET

2% OF THE POPULATION

GOING FOR
YOUR DREAMS

EMBRACING THE UNKNOWN

CONFIDENCE

EXCITEMENT

EXPLORING
NEW THINGS

98% OF THE
POPULATION
BEING LIKE EVERYONE ELSE
INSECURE SURVIVING

LIKING CHANGE

LIVING WITHOUT
LIMITS

CHOOSING
HAPPINESS

YOUR COMFORT ZONE
FEAR JUST GETTING BY
A DULL LIFE PLAY IT SAFE
PROCRASTINATION REGRET
SETTLING FOR LESS

ABUNDANCE

ACT IN SPITE
OF FEAR

FULFILLMENT

GETTING THE MOST OUT OF LIFE





**1:1 MOT Life Assessment
Only £69 (90 minutes)**

**Corporate package ½ day and all
day drop in sessions**



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15 TIPS TO HELP YOU KEEP YOUR SANITY

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