

# Burnout Prevention With Strengths

**PM Burnout group coaching facilitated  
by Ruth Pearce and ALLE LLC coaches**



Project Management Burnout Coach

## Program Offering

Character strengths-based burnout prevention group coaching in 5 live group sessions over 10 weeks :

1. Knowing your own strengths
2. Seeing strengths around you
3. Health/Wellbeing & strengths
4. Mindfulness & strengths
5. Setting goals based on strengths

### WHEN:

September 9th -  
November 11th, 2022  
(3 day/time options)

### WHERE:

Online

### COST:

**\$899**  
*payment plans  
available*

## Includes

- Access to qualified professional coaches, project managers & leaders
- Bi-weekly Interactive group coaching sessions
- Skills building in communication, relationships & teamwork
- Network of support for personal & professional development
- Laughter and fun!

## Benefits

- Burnout Assessment Tool
- Prompted practices
- VIA Character Strengths & Mindfulness report
- LinkedIn courses – PM Burnout, PM Mindfulness & Becoming a Project Motivator
- Enhanced wellbeing



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<https://www.pm-boc.com>

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## Who we are:

We have a great team of coaches with a versatile set of experience and backgrounds in project management, military, pharmaceutical, nursing, positive psychology, lifestyle medicine, mindfulness based strength practice, resilience, and authentic leadership

## This program is for you if you are:

- a Project Manager feeling overwhelmed or disengaged
- thinking of changing job or career because of stress & exhaustion
- disconnected and disinterested
- a manager or leader seeing team-members burning out
- tired of constant stress, change & transition
- daunted by what's next



See detailed schedule of times and dates at  
<https://bit.ly/pm-boc>

For Questions contact [RuthPearce@projectmotivator.com](mailto:RuthPearce@projectmotivator.com)

**BE HOPEFUL; BE STRONG; BE BRAVE; BE CURIOUS**