Incorporating Self-Care into Branches to Re-Energize Burnt Out Leaders!

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Solution

Revive2thrive coaching.com

3 of 5

5%

91,000

Impact of Burnout

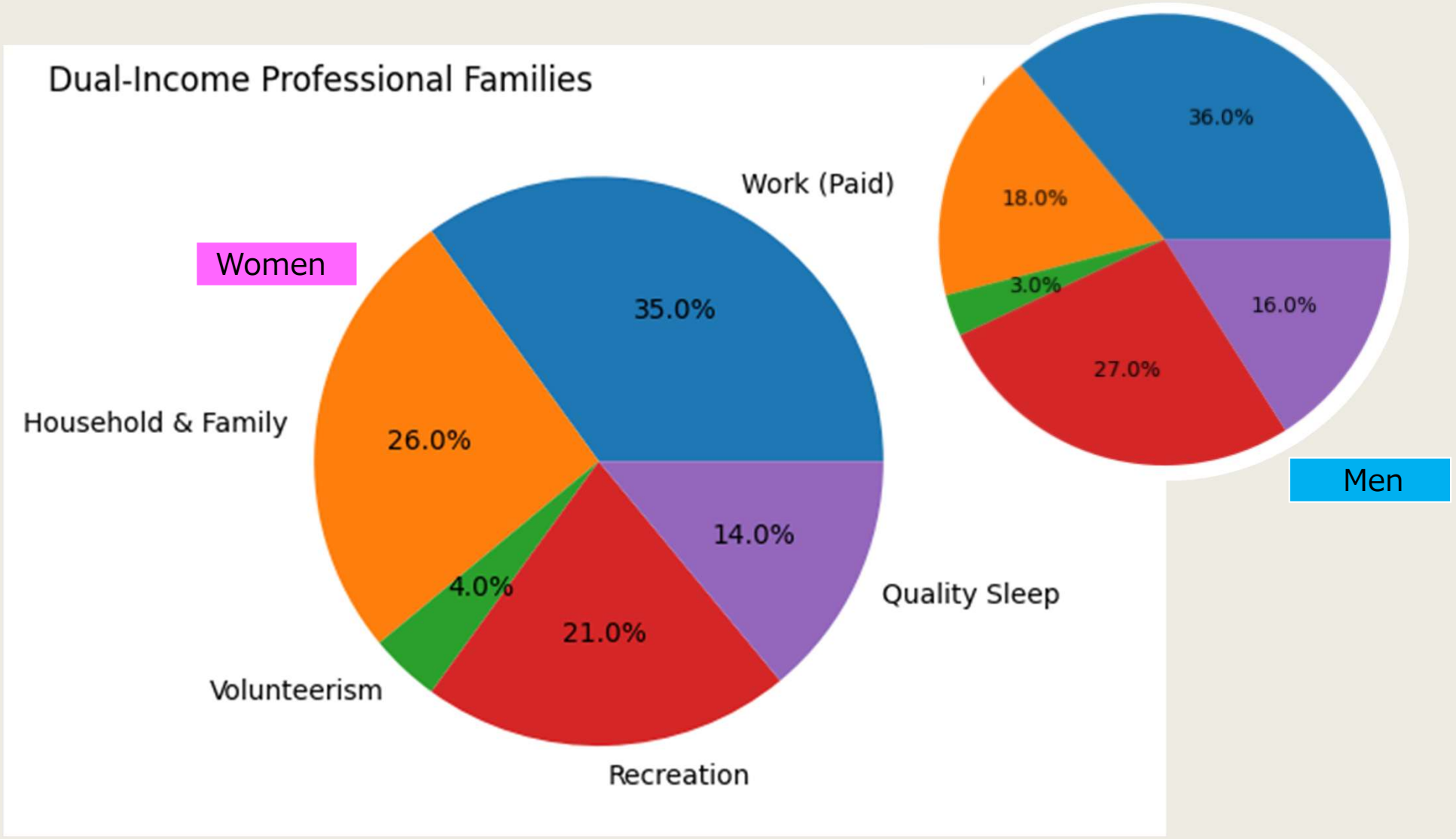
2026 Data

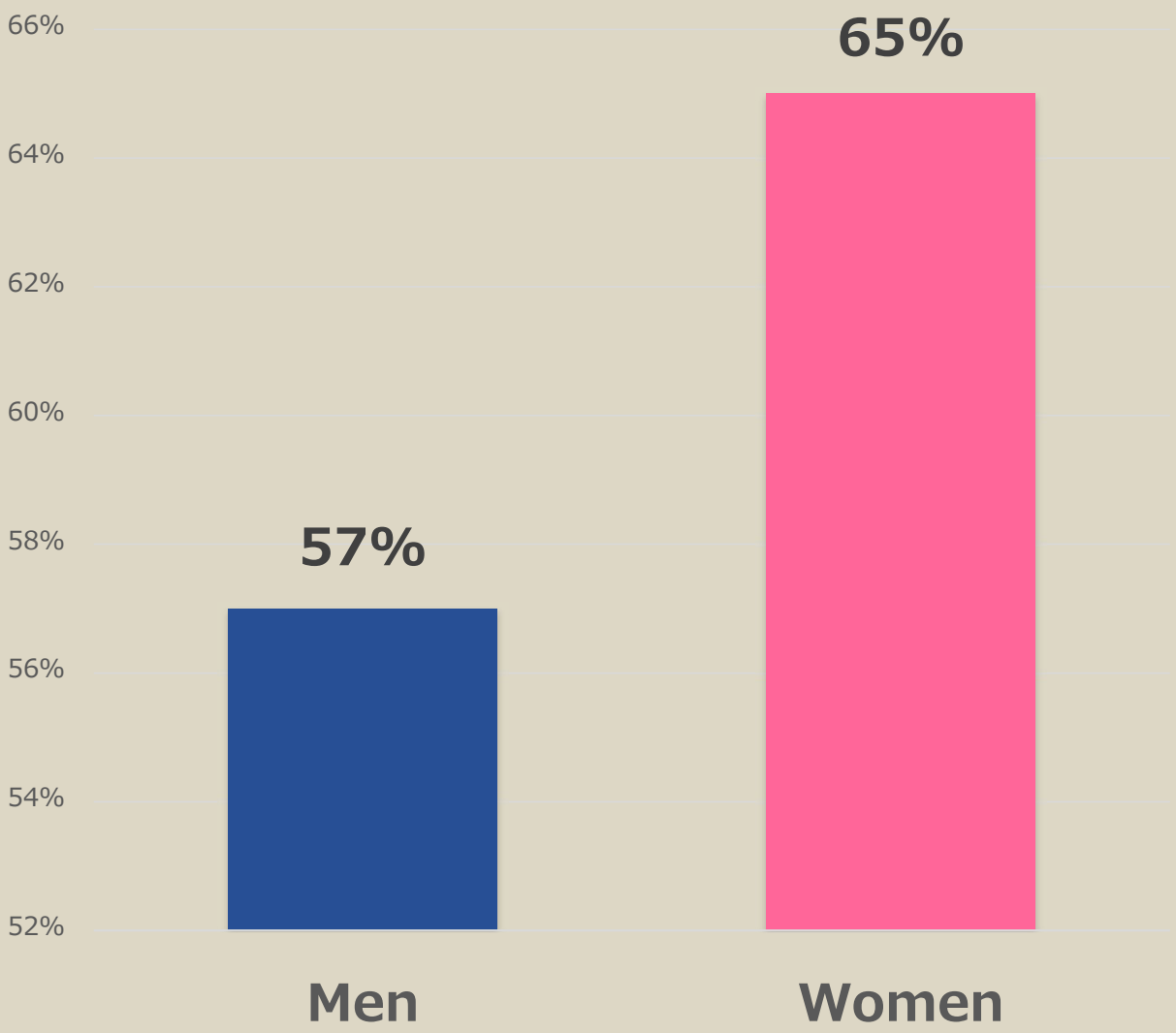

Have you
ever felt close
to Burn Out?


education
career development
friendships
self-discovery
budgeting/financial
career fulfillment
caregiving/family
retirement/financial
health
hobbies

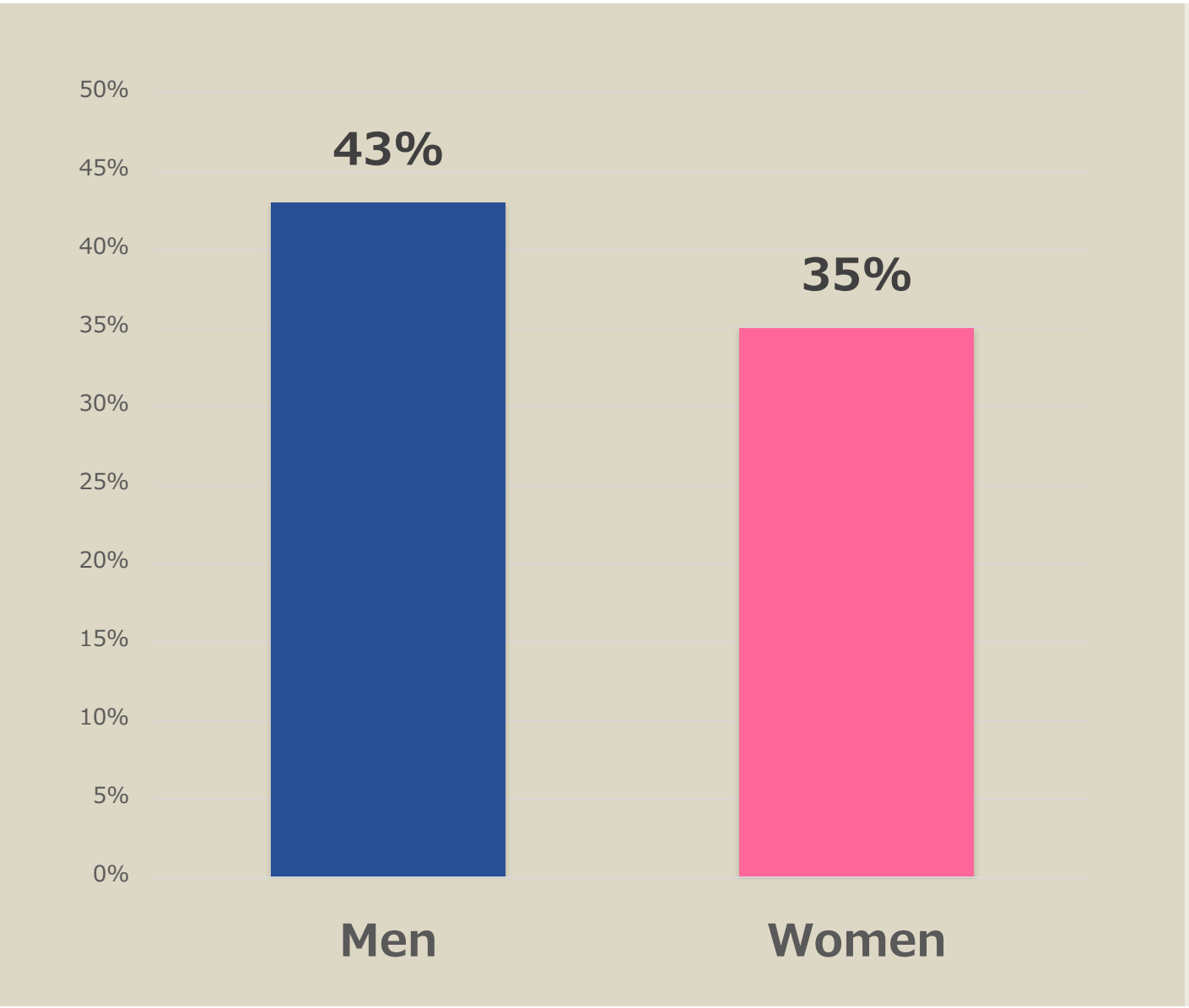


Who are we?

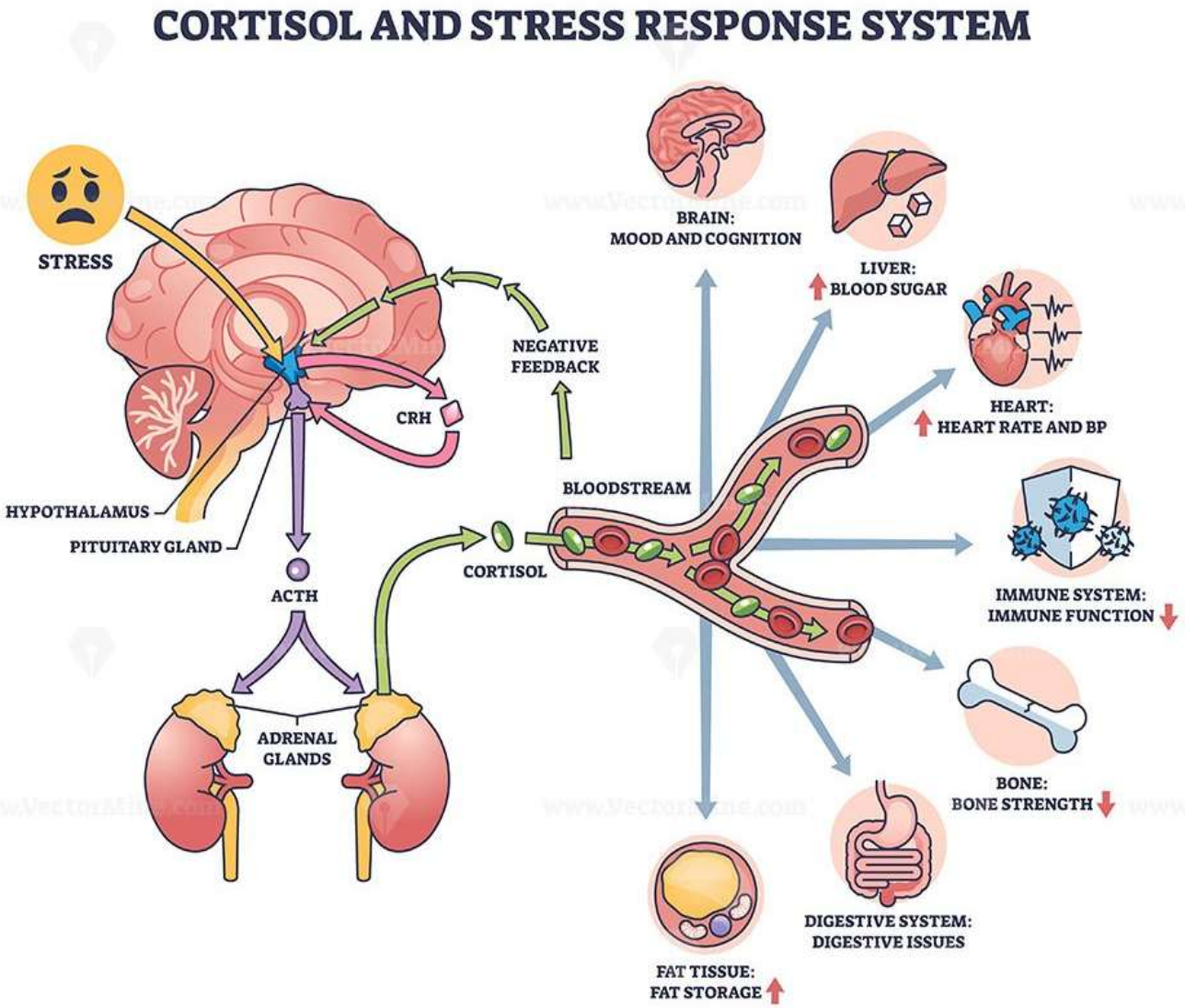

Dual-Income Professional Families
Work (Paid)
Women
35.0%
Household & Family
26.0%
14.0%
4.0%
Quality Sleep
21.0%
Volunteerism
Recreation
36.0%
18.0%
3.0%
16.0%
27.0%
Men



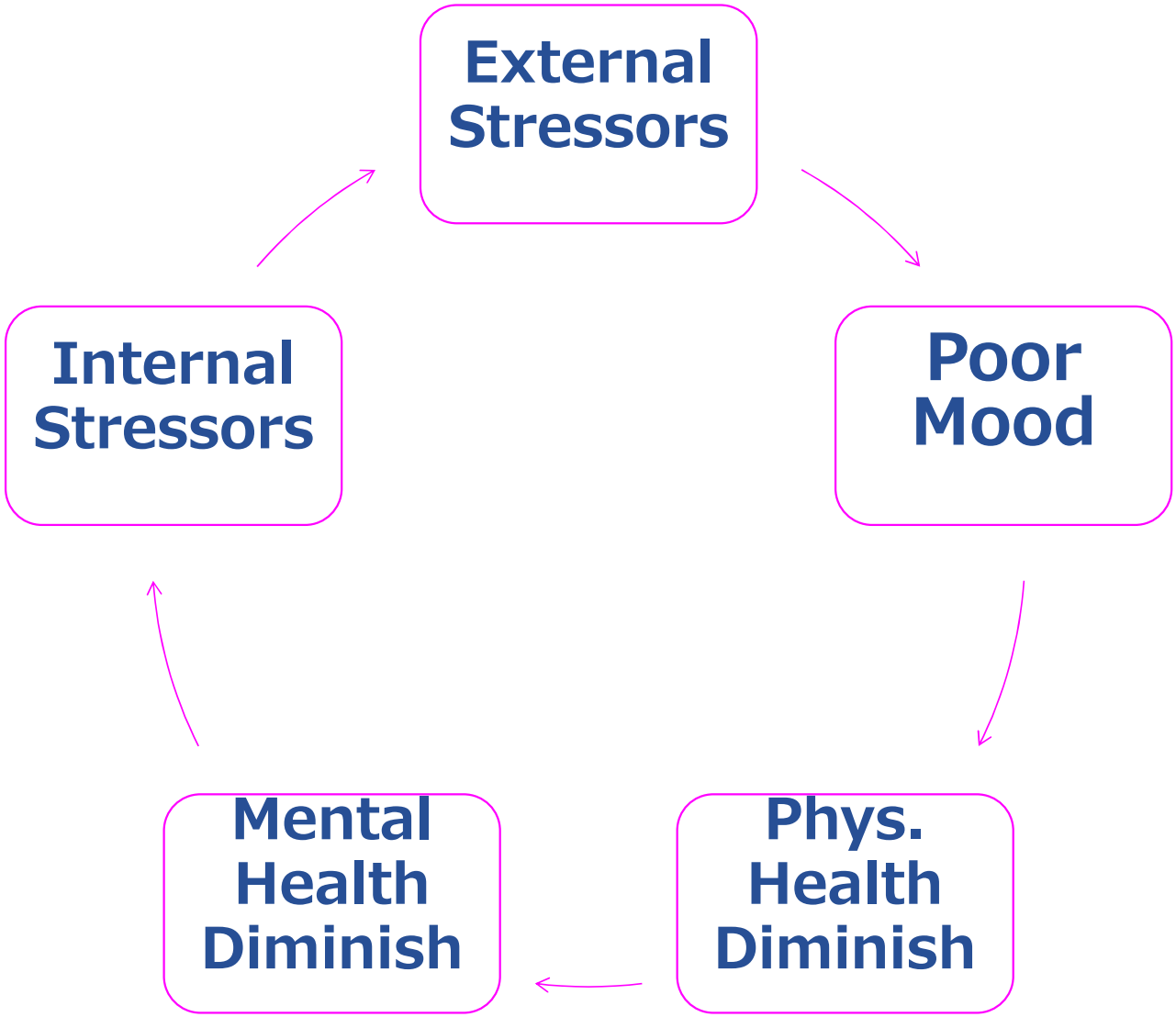
Obligation Time



Recovery Time



Impact of Stress


External Stressors
Poor Mood
Phys. Health Diminish
Mental Health Diminish
Internal Stressors

Who am I now and who do I want to grow into?

How is the way I see me different than how others see me?

How is who I am today different than I was yesterday in all aspects of my life.

Why Do We Need Realignment?

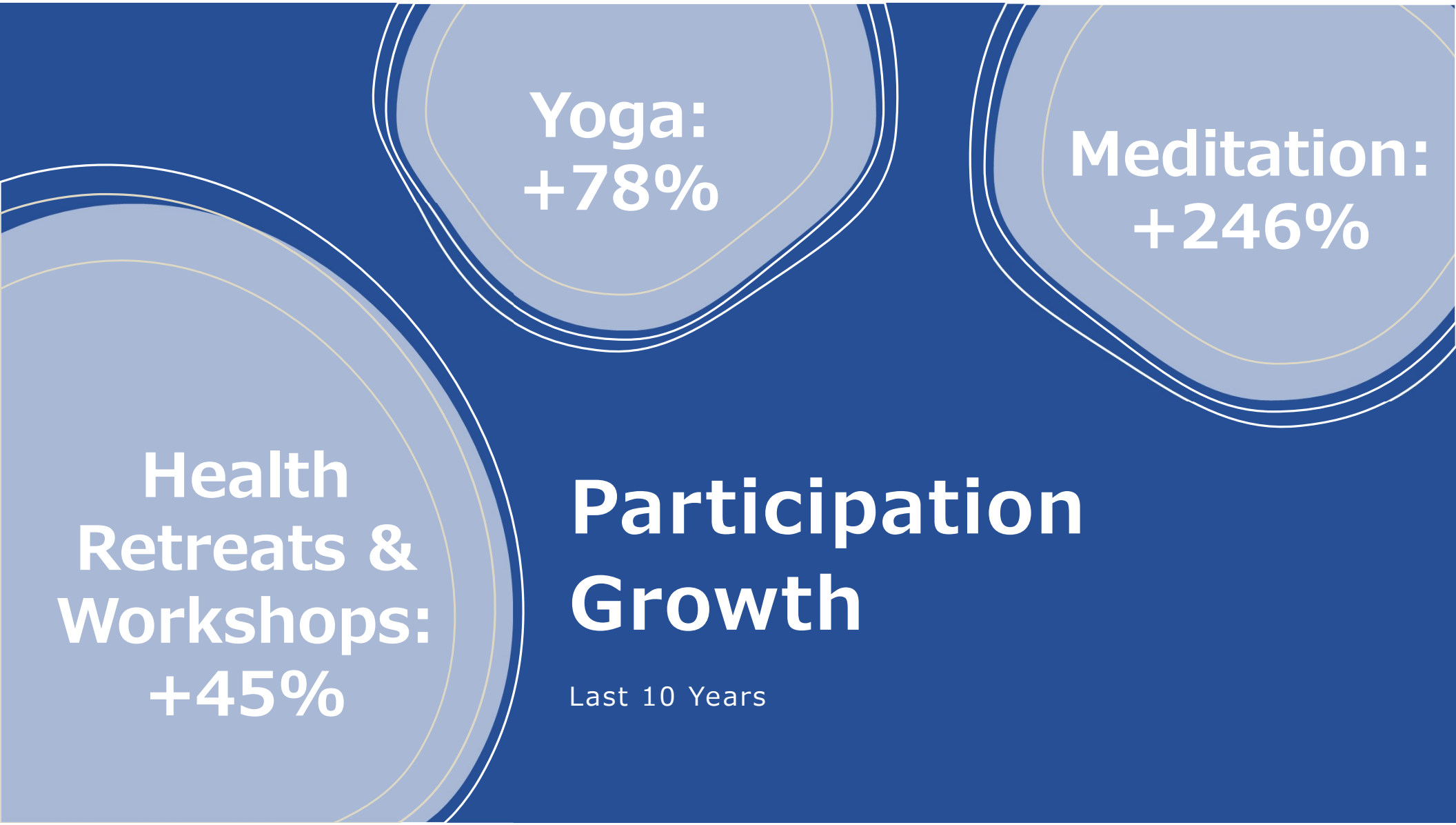
What do we hope to learn?

How do these concepts impact our branches?

Attempting	Attempting to recruit new members who are already overwhelmed
Trying	Trying to fill leadership positions on boards
Strategizing	Strategizing/Right sizing branch boards based on capacity/bandwidth

Examples of Approved, Mission-Based Self-Care Programs

- Discussion connecting women’s burnout to systemic inequities coupled with a sound bath
- Training on how to talk to your partner about more equitable distribution of caregiving duties combined with stress relieving meditation
- Bring in an expert to train attendees on managing conflict and couple that with Reiki healing


Yoga:
+78%
Meditation:
+246%
Health
Retreats &
Workshops:
+45%
Participation
Growth
Last 10 Years

In Summary

- Shift from “more demands” → healing + alignment-based programming
- Address burnout through structured self-discovery and recovery
- Use engagement as a pathway to restoration, not obligation

Dimension I:
Identity and Awareness

a)Finding Your Passion

b)Identity & Values Alignment

c)Imposter Syndrome & Self Worth

Dimension II:
Regulation & Stability

a)Decreasing Anxiety Levels

b)Controlling Erratic Emotions

c)Reducing Overload and Restoring Energy

d)Rebuilding Motivation, Momentum and Drive

Dimension III:
Pattern Interruption

a)Being Overly Self-Critical

b)Creating a More Supportive Inner Dialogue

c)Interrupting the Patterns That Hold You Back

d)Changing Habits That No Longer Serve You

Dimension IV:
Structural Realignment

a) Decluttering and Organizing Your Inner and Outer Worlds

b) Protecting Energy While Strengthening Your Voice

Dimension V:
Expansion & Leadership

a) Healing Unresolved Childhood Patterns

b) Aligning with Who You Are Meant To Be

Dimension VI:
Integration & Execution

a)Releasing Regret and Rebuilding Self-Trust

b)Sustaining Growth Beyond Our Work Together

c)Bringing Your Growth Together in Aligned Action