Averil Maher Coaching

Burnout Prevention and Stress Management

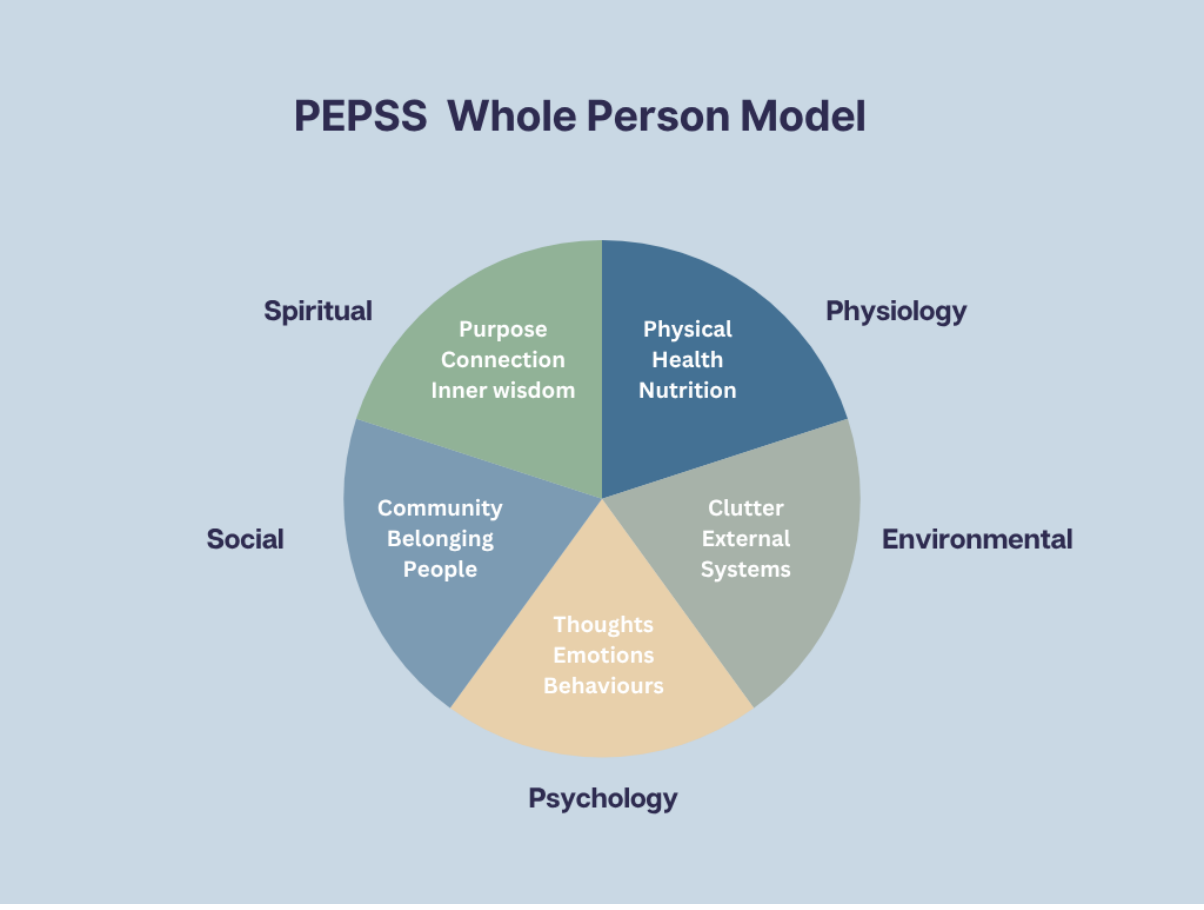
Reclaim your Energy and Restore your Wellbeing

Running a business, managing family responsibilities and trying to find time for yourself is a big ask. Stress, worry and feeling on edge aren't things you have to live with. You *don't* need to keep pushing through!

With this coaching programme, you will learn to manage stress, focus more clearly, prevent burnout and be more productive.

If burnout is already an issue for you, we will approach the burnout recovery in a slightly different way. A personal 1-1 conversation will help to sort this out.

The Stress & Burnout programme uses my proprietary PEPPS Whole Person Model where we view your particular situation in an holistic way.



Each person is different so not every aspect of the coaching programme will apply to every individual.
Take a look at what we could coach on using this foundational model:

Business fundamentals

- Identify areas of your business that are causing stress or overwhelm
- Create a plan to manage these issues
- Regular check-ins to monitor progress
- Review your business plan and set your intention for 1yr and 5yr vision
- Identify and solidify your Big Why
- Strategic planning for the future

Stress Monitoring

- Review how stress is impacting your life and business
- Learn stress management and relaxation techniques to help overcome stress overload
- Develop a self-care plan to create and maintain work-life balance
- Work through and monitor stress plan

Personal Development

- Decide and define what you want in business and in lifestyle
- Overcome procrastination and inability to self-motivate
- Identify values and what is most important to you
- Release fears, obstacles and blocks. Break through what is holding you back from where you want to be.

Why This Program Works

Because it's about **you**—your life, your business, your way.
Personalized coaching tailored to your specific needs.

Simple, Practical Steps: No complicated systems or overwhelming tasks. Just straightforward, meaningful actions that fit into your busy life and help you feel better right away.

Personalized Support: You don't need to figure this out alone. I'll be here, every step of the way, offering guidance, support, and a safe place to grow.

No Perfection Needed: Perfection is the thief of progress. Here, we embrace being human. It's about taking one step at a time—not being perfect, just moving forward.

Here's how the 3 month coaching program will work.

- We'll meet via zoom 2 x per month
- I'll coach you through the appropriate topics
- You'll have clear actions and accountability
- You'll receive guidance and support
- And private email support with me between calls during my office hours (10-4pm Mondays to Fridays)

The length and investment of the coaching engagement depends on your needs. Please request a private 1-1 conversation to see how stress or burnout coaching can help you.

Book Your Free Introductory Call *Click here*



Averil Maher Professional Stress Consultant, Certified Business and Life Coach

 All Rights Reserved 2026 averil@averilmaher.com