

SBLs

SAY NO WITH CONFIDENCE

PAMBURROWS
PeopleBooster

WHO

DO YOU THINK YOU ARE?













WHO

DO YOU THINK YOU ARE?



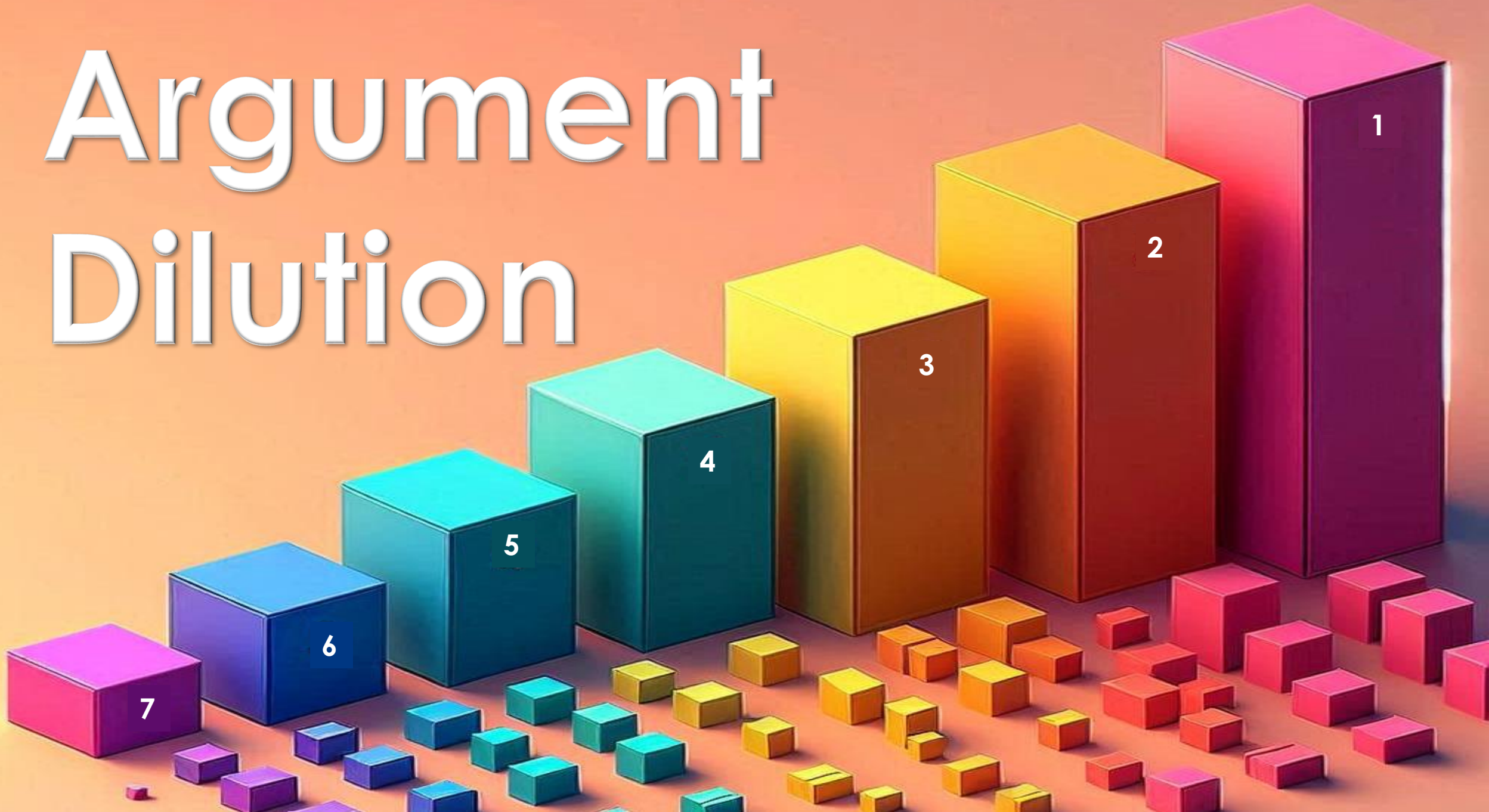


Saying Not Now

- Not now
- Not me
- Not ever



Argument Dilution



Saying No

- One reason
- Said confidently
- Based on the reality of your resources

MY

NON-

NEGOTIABLE

LIST



Download your free PDF copy!

Here's your own free PDF copy of the Burnout Buster book.

33 Red Flags that you're heading for burnout and 33 things to do about them

A cold cup of coffee, a missed lunch catch-up with a good friend what have these things more importantly, do

It's time to re-evaluate your short-term goals

Cancelled hobby... even

PAMBURROWS People Booster
Planning Habits that Stick

Are you choosing this change?	
How will you make it easy?	
What are the wins and benefits this change will bring for you? What might things then lead to?	
How will you feel about this change?	

References - Want to know more about the science and psychology that I talk about? Here are the books behind my sessions... (Click on book titles for more information)

- The one that talks about trauma getting locked into the body, and how to release it (quite academic and dense but mind-blowingly fascinating!): The Body Keeps the Score by Bessel Van De Kolk
- The one that describes how the body becomes ill when we don't acknowledge and deal with our emotions: When the body says no by Gabor Mate
- The one that describes how a change of mindset can help us to avoid, heal from and prevent burnout: Love, medicine and miracles by Bernie Siegel
- The one that tells the story of a company that was brought back to life by more care for their staff: Everybody Matters by Ben Carter

A sneaky video from my paid programme 'CARE Wellbeing Model online'

Meet Bob. Bob's having a bad day (or life!). Don't be like Bob. Look after your precious self.

This module helps you understand the physical and mental symptoms and consequences of stress. And what to do about it.

More Good Stuff! Here's your hidden page of EXTRA RESOURCES



Get More Resources!

Hi there lovely!

I hope you enjoyed the time we spent together, whether it was a workshop, a conference or some coaching.

Stress

Get your
phone out

Free
Monday
Motivators



Someone

Truly

Amazing

Really



Get your
phone out

Free
Monday
Motivators



SBLs

GET A GOOD NIGHTS SLEEP

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**TYPICAL
DAY?**

Starts in the morning

Nutrition

Hydration

Tension

Movement

Fresh air

Breathing

Brain chemicals (stress versus satisfaction)

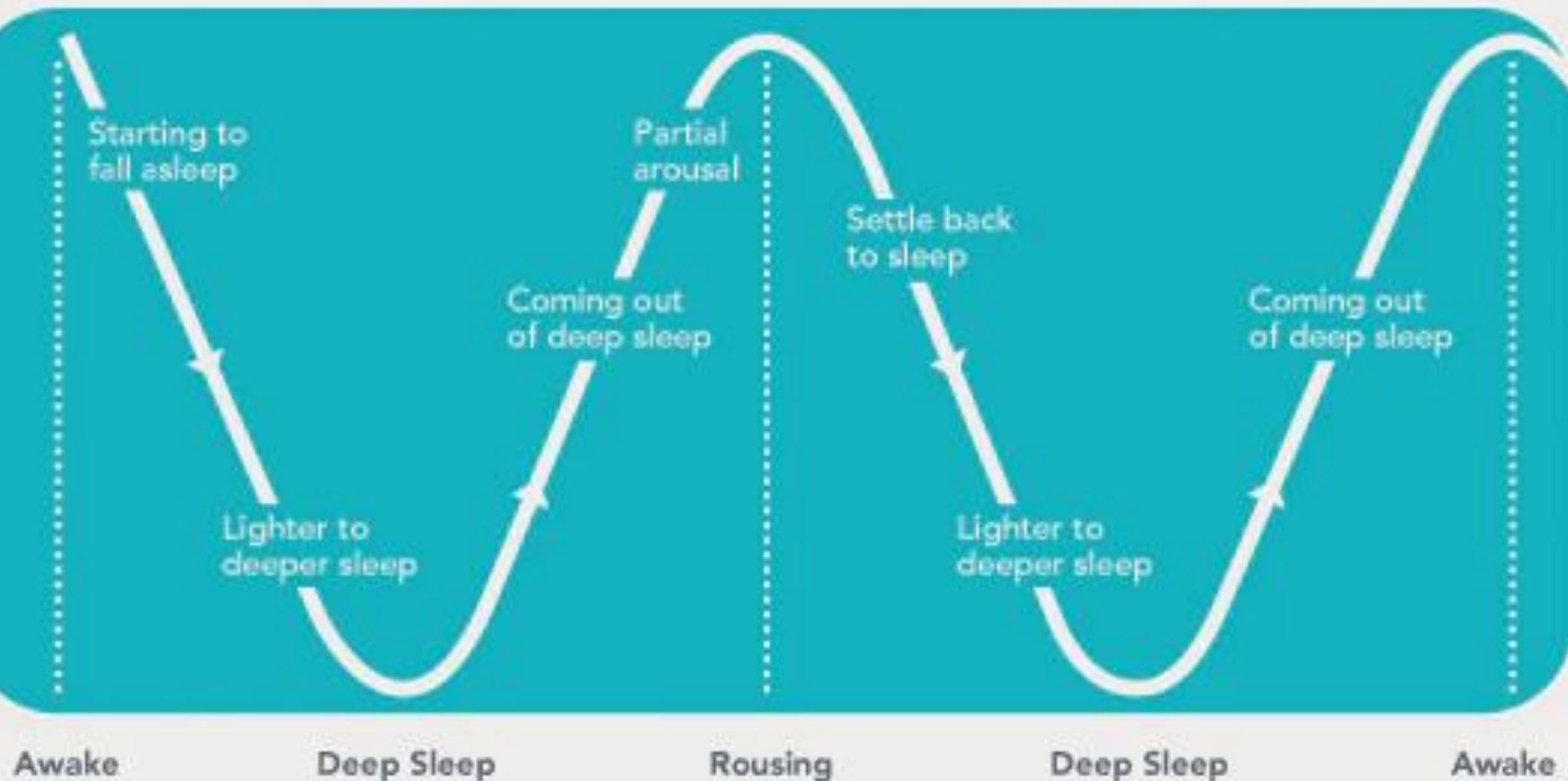
Task list

Responsibilities

and the stories you tell yourself

Sleep Cycle 1
(30 - 50min)

Sleep Cycle 2
(30 - 50min)



LACK OF GOOD SLEEP

Weight and
appetite problems

Less capacity for
other
people's nonsense

Judgment and decision

STRESS HORMONES INCREASE

GOOD SLEEP

Strong immune system

ENERGISED

**Healthy eating
and weight.**

Proactive and positive

Clear & decisive

SOCIABLE, RELAXED, CAPABLE



YOUR
FOCUS?

ZOOM LENS

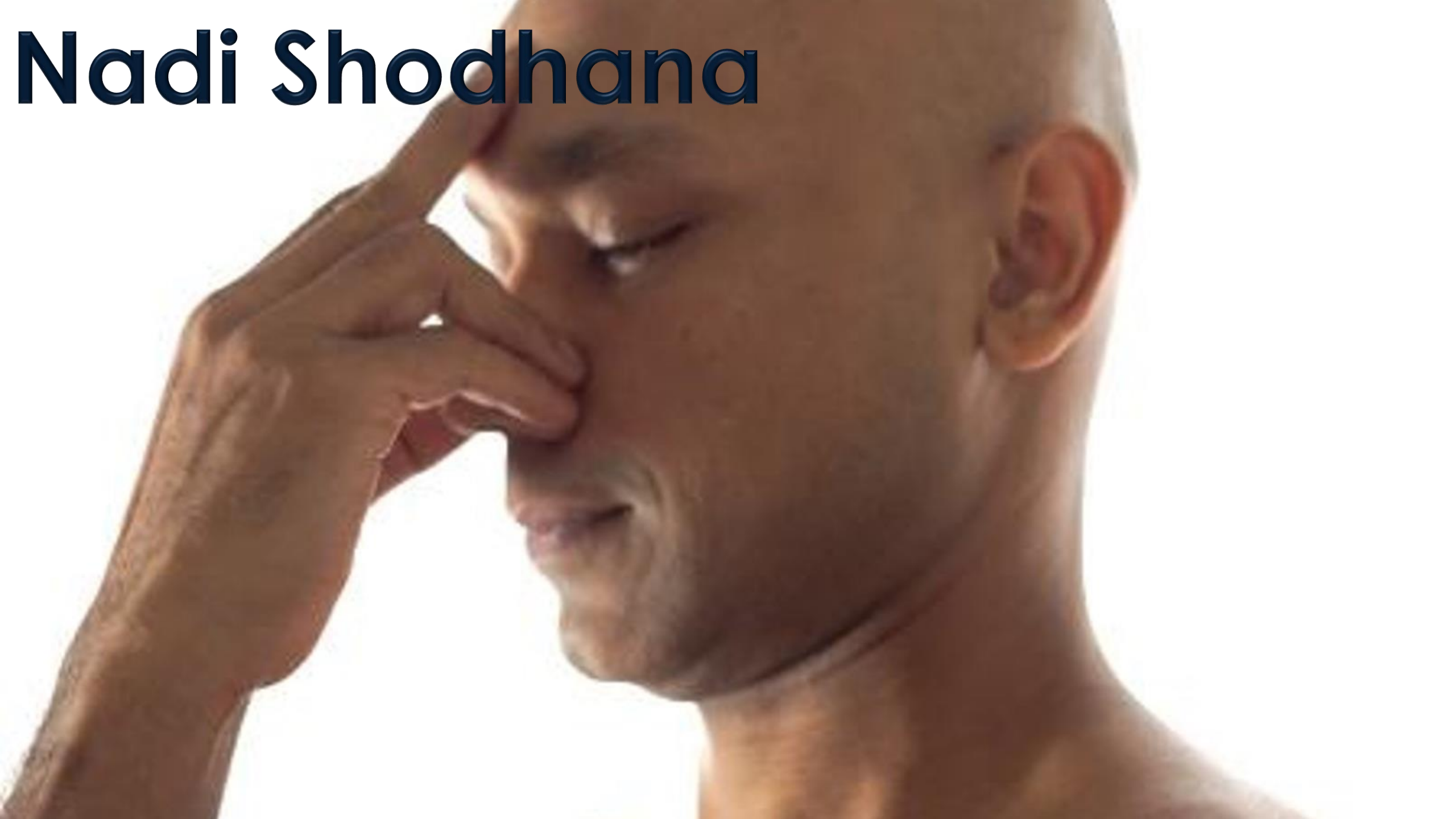


YOUR MANTRA

HELPS AND HINDERS

- | | |
|--------------|------------------|
| ✗ Spicy food | ✗ Caffeine |
| ✗ Alcohol | ✗ Hunger |
| ✗ Sugar | ✗ Work |
| ✗ Fatty food | ✗ TV Electronics |
| ✗ Nicotine | ✗ Liquids |

- ✓ Tryptophan
- ✓ Carbs
- ✓ Milk, dairy
- ✓ Bananas
- ✓ Honey
- ✓ Bed when tired
- ✓ Wind down sounds
- ✓ Space in between
- ✓ WWW Today?
- ✓ Mantra and focus



Nadi Shodhana

Someone

Truly

Amazing

Really



Get your
phone out

Free
Monday
Motivators

