



Find everything here: <https://linktr.ee/pamburrows>

Monday Motivator. Do you forget your own needs sometimes? Would it be useful to get a personal boost every Monday morning to set your week up right? Sign up <https://pamburrows.com/mmm> for a free motivational email every Monday morning.

Hidden webpage with wellbeing technique videos and a free PDF copy of my 'Burnout Buster', webpage only for delegates of my workshops: <https://pamburrows.com/more>

ISO Standards for Psychological Health and Safety:
Summary of [ISO 45003 Psychological Health and Safety](#)

CARE Wellbeing Audit: [CARE Wellbeing Audit for your team.pdf](#)

More wellbeing and confidence technique (and rescue chickens!) **videos on You Tube:**
<https://YouTube.com/c/pamburrowspeoplebooster>

Switch off techniques for **calming and sleeping:**
<https://youtube.com/playlist?list=PLIBIT70-cGM7AGXOC8u-B2ht4KzHJndou>

Connect with me on **LinkedIn:**
<https://www.linkedin.com/in/pamburrowspeoplebooster/>

Download your FREE wellbeing poster:
<https://1drv.ms/u/s!AiOcrS0OyuoAgZA-uu1PH2rErmGmeg?e=YL3KU1>

Download your FREE STAR poster. Stick it up for you and send it to a friend:
<https://1drv.ms/u/s!AiOcrS0OyuoAgZA0we5eMkseS2mu2A?e=plkqvh>

My books on Amazon

Burnout Buster: 33 red flags that you're heading for burnout, 33 things to do about them:
https://www.amazon.co.uk/dp/1794534598/ref=cm_sw_r_tw_dp_6S44S1X2B3XWD5JB5KDE?encoding=UTF8&psc=1

The CARE Wellbeing Model: https://www.amazon.co.uk/CARE-Wellbeing-Model-Antidote-Burnout/dp/B09MCGFKTC/ref=sr_1_1?crd=1DIVVF336H5XH&keywords=pam+burrows+care+model&qid=1642430637&srefix=pam+burrows+care+model%2Caps%2C60&sr=8-1

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