



**Workplace Wellbeing**  
Human Sustainability

iBurnout Lab

Sustainable Success  
Starts with Wellbeing

March **2025**

iBurnout Lab

# ABOUT

## Who We Are

A consultancy specializing in burnout prevention, workplace wellbeing, and executive resilience. We create sustainable, high-performance cultures by tackling the root causes of burnout.

## Who We Serve

- Executives & Senior Leaders
- HR & People Operations Teams
- High-Stress Industries (finance, healthcare, technology, consulting)
- Organizations Seeking Sustainable Performance & Employee Well-being

## Our Focus Areas

- Burnout Prevention & Recovery
- Leadership Resilience
- Human Sustainability & Workplace Well-being
- Organizational Change & Stress Management



## KEY PEOPLE



**Aksinia Müller**

Doctoral Candidate | Trainer |  
Workplace Wellbeing

**Burnout Lab**

Cofounder



**Juan Pablo Muñiz**

Organizational Development |  
Trainer | IPEC Coach

**Burnout Lab**

Cofounder

# Our Services



**1-Day Burnout Prevention Bootcamp** – A hands-on, intensive training for corporate teams and leaders, equipping them with science-backed tools to manage stress and prevent burnout. Designed for immediate impact, this program can be delivered on-site or virtually.



**Corporate Assessments & Consulting** – We conduct data-driven evaluations to identify stressors, burnout risks, and engagement barriers, providing companies with tailored action plans for long-term well-being and productivity improvements.



**12-Month Workplace Well-being Program** – A structured, year-long engagement featuring monthly seminars, leadership coaching, and wellness workshops to foster a culture of resilience, retention, and high performance.



**Executive & Leadership Coaching** – Personalized, one-on-one coaching for senior leaders, helping them manage stress, optimize mental energy, and maintain performance without compromising well-being.



**Corporate Retreats** – Immersive, off-site experiences designed to recharge executives and leadership teams, integrating stress management, resilience training, and team-building exercises in serene, distraction-free locations.

# Who can benefit from iBurnout Lab?

## The Burned-Out Executive

"If I keep going like this, something's going to break—probably me."


- **High-performing leader**, constantly under pressure.
- Always **"on,"** but never feels like it's enough.
- Mental exhaustion is draining creativity & focus.
- Feels trapped—can't slow down, but can't sustain the pace.

### Burnout Lab Can Help:

#### **Executive Coaching** –

Personalized stress & resilience strategies.

#### **Leadership Resilience Training** – Lead effectively **without burnout**.


 **Corporate Retreats** – Step away, reset, and return stronger.

## The HR Wellness Champion

"Engagement is dropping, stress is rising—but leadership wants numbers, not solutions."

- HR leader responsible for **employee well-being & retention**.
- Seeing **burnout symptoms**—absenteeism, disengagement, turnover.
- Wellness perks feel **like a band-aid**, not a real fix.
- Needs **data & executive buy-in** to drive lasting change.

### Burnout Lab Can Help:

 **Corporate Burnout Assessments** – Identify **organizational stress patterns**.

 **1-Day Burnout Bootcamp** – Equip teams with **practical burnout prevention tools**.

 **12-Month Well-being Program** – **Systemic solutions** for workplace resilience.

## The Overworked Manager


"I'm trying to support my team, but I'm just as exhausted as they are."

Caught between **company demands & employee well-being**.

Team is **stressed, demotivated, and burning out**.

Never trained on **how to prevent burnout**, only how to push through. Wants to lead effectively **without sacrificing health**.

### Burnout Lab Can Help:

 **Burnout Prevention Bootcamp** – Science-backed stress reduction techniques.

 **Leadership Resilience Training** – Balance **performance & well-being**.

 **Personalized Coaching** – One-on-one guidance to **lead sustainably**.

# Burnout Lab Experience:

## 1 day Bootcamp

- One intensive day. Lifetime resilience.  
---→ Empower your team to prevent burnout before it starts.
- Science-backed strategies, real-world solutions—transform workplace stress into sustainable success in just one day.





# Burnout Bootcamp (1 Full day)

Course format: Online / In-person (recommended)

Group Size: **10-50 people**

**You will learn to manage stress, diagnose and prevent burnout**

## Key Takeaways

- Understanding the Biology of Stress
- Mastering 50 stress management techniques
- Discovering top 10 reasons for workplace burnout
- Understanding role of resilience in life and work
- Exploring the 7 pillars of wellbeing

### 1. Stress

- Definitions & Symptoms
- Identifying Stressors
- Stress MGT Toolbox
- Mastering the Tools
- Group Work

### 2. Burnout

- Am I Burning out?
- Individual Causes
- Workplace Causes
- Bouncing back
- Burnout Prevention

### 3. Wellbeing

- Physical
- Mental and Emotional
- Social and Spiritual
- Financial
- Occupational

# Program Results

## Organizational Impact (*What the company gains*)

- **Burnout Awareness** – Recognize early symptoms before they escalate.
- **Stress Differentiation** – Learn to manage **acute vs. chronic stress** effectively.
- **Culture & Leadership Shift** – Foster a well-being-focused leadership style.
- **Data-Driven Prevention** – Track burnout trends with **metrics & assessments**.
- **Sustainable Productivity** – Boost performance without employee exhaustion.

## Individual Skills & Tools (*What participants walk away with*)

- **Effective Stress Management** – What works, what doesn't.
- **Best Practices from Top Companies** – Proven burnout prevention strategies.
- **Burnout Prevention & Recovery Techniques** – Practical tools for resilience.
- **Leadership & Well-being Integration** – Build a **healthy workplace culture**.
- **Personalized Well-being Plan** – A roadmap for long-term success.

## Pillars of Well-being in Action (*Real-world examples*)

- **Physical** – Companies offering **on-site gyms & wellness perks**.
- **Mental** – Google's **mindfulness programs for focus & clarity**.
- **Social** – Strong **mentorship & teamwork initiatives**.
- **Spiritual** – Work aligned with **purpose & core values**.
- **Digital** – Policies limiting **after-hours emails & screen fatigue**.
- **Financial** – Employee **financial literacy & security programs**.
- **Occupational** – **Four-day workweeks & flexible schedules** driving engagement.



# Real Results for Real Clients: What sets us Apart

***Course gives a wide range of knowledge on how to handle stress and prevent burnout. It was awesome! My team really enjoyed the off-site. - Andrew***



***This was a gift our employer gave to us. Stress Management skills are fundamental and are now being taught in schools. Highly recommend this training. - Renu***



# Getting in touch



Visit us at [Burnout Lab's website](#) or  
send an inquiry via email to [hello@burnoutlab.co](mailto:hello@burnoutlab.co).



Fill Out Inquiry Form detailing your needs and interests.



Schedule an Initial consultation call  
so we can understand your team's needs and challenges



***Sustainable Leadership = Thriving Teams***

