



Restoring Balance Online Course

Are you feeling tired, stressed, frustrated, not enjoying relationships, struggling with ill health, heading towards or experiencing burnout? That is not living an abundant life!

Do you have a hunger for life that is more than just avoiding burn out? You need to be restored!

Battling burnout?

I have battled recurring burnout, especially doing life as a single parent, and it has cost me jobs, ministry, relationships and emotional wellbeing.

Having said that, I am a nurse with a focus in chronic condition management, which is about empowering others to live well with a chronic illness (ironic hey!). I tried lots of techniques and expected them to change my burn out cycle. I tried to manage a symptom of burnout and have that be the solution to everything.

Then things changed for me. I saw the total vision of what I wanted my life to be – **restoration.** Restoration is the used becoming useful again; the old and tired revived to a renew life.

I began to work out small changes to help me get there, rather than defining what I didn't want to happen or a symptom to avoid. Learning techniques, such as relaxation to combat symptoms became more helpful when they were part of a bigger wellness picture – not an end in itself. I continue to grow my knowledge and skills in this area and practice what I preach to stay well. My body remains a barometer to stress and I take small steps daily to live a life of restored balance.

Restoring balance is moving back along the continuum from burnout and compassion fatigue to how we were created to live; hope-filled, healthy, flourishing life of purpose

If this topic has tickled your curiosity you can probably relate to my story. You may not be a single parent. You might be sandwiched between caring for ageing parents, still caring for your kids whilst trying to work and keep the house running. You might be passionately involved in ministry, giving your waking hours to the cause. It might be the incessant demands of caring for everyone else and having no time or energy left to care for you. If you need to restore balance then this course can help you.

Restoring balance Online Course: How to avoid compassion fatigue and restore balance by caring for yourself whilst caring for others

It works you through the continuum from burnout and compassion fatigue through health and self-care to the restored balance of abundant life.

The course develops both the big picture of your vision for your restored life and offers a smorgasbord of options for the small steps and daily decisions to get there. You will create a self-care plan in the process.





The course is divided into 4 self-paced modules that will lead to the creation of a self-care plan. It contains spiritual and Christian concepts

Introduction:

- start envisioning a restored life

Module 1: Avoiding compassion fatigue

Start by understanding burnout and compassion fatigue

- Identify your warning signs of burnout and compassion fatigue
- Identify your contributing factors to burnout and compassion fatigue
- Plan for how to deal with contributing factors
- Complete an assessment of your level of compassion fatigue

Module 2: Health

Move along the continuum by engaging with your health

- Understand the effect of long term stress
- Identify and plan to manage your stressors
- Evaluate your current health
- Create steps to improve it
- Add wellness and purpose to your vision for a restored life

Module 3: Self-care:

Keep moving along the continuum to restored balance by learning and using practical self-care techniques

- Draw a line to protect work/life balance
- Consider methods you use to prioritise and identify a step to better prioritise
- Identify one limit or boundary you will set
- Develop a strategy to build support
- Develop a plan to rest
- Identify what drains your tank, how it feels so you can recognise it, and what fills your tank.

Support to change

To action your vision and self-care plan requires you to change: change how you think and how you behave. Change is difficult and the process is helped by sharing with others for both support and accountability. Part of the course gives you the option of joining a closed Facebook group as a forum to share goals and ideas, problem solve and encourage each other. You also receive bonus access to a short online course 'How to make a change that sticks'.



Cost

Standard: Course and Facebook group encouragement and bonus access to course How to make a change that sticks

- Course
- Access to closed Facebook group forum to share goals and ideas, problem solve and encourage each other
- \$197 USD
- Bonus course in How to make a change that sticks

Other options will be available on the Sales Page.

Feedback

I had initially started teaching on balance and self-care with single parents in my ministry days but as I experienced more and learnt more information, I started teaching a three hour workshop – ‘Restoring balance - avoiding compassion fatigue’. Using the feedback from previous participants, I created the online course with additional content and more in depth information as per participant’s requests.

Previous participants in the 3 hour workshop that the course is expanded from, said the best things about the workshop were:

“Breadth of information and techniques - ‘option’s not one ‘solution’”

“..gave me tools and resources to do my homework”

“It really inspired me to make many small changes in my life that will add up to a big difference in how I live”