



OVERCOME THE OVERWHELM

IF YOU'RE A LEADER FEELING OVERWHELMED,
STRESSED AND HEADING TOWARDS BURNOUT AND
YOU'RE WORRIED IT WON'T GET ANY BETTER - IN
FACT, YOU FEAR IT WILL ONLY GET WORSE - KEEP
READING BECAUSE THIS GUIDE IS WHAT YOU
NEED.

WELCOME

I imagine you love what you do and want to be a good leader. You want to make a difference, be a good role model for your team and have some semblance of a life outside of work. But maybe you're not sure what the exact problem is. Maybe you think that if only you worked harder, had more time, had more resources everything would be better.

Or maybe you're beginning to worry that you're just not good enough and you will lose your job!

Would it help if I told you that You Are Not Alone?

- That almost every leader (even the strongest ones) goes through periods like this....
- That you can feel more in control.
- That you can rediscover the joy in your life.

No matter what challenges you're going through, there's always hope and always an opportunity to build something greater. It might be hard to see this.

In fact, you may struggle to believe it.

We've all gone through this before, times of great uncertainty. Sometimes these situations are unique to you and your company.

Other times, it's a global uncertainty, like the experience we have had with COVID 19, that forces change upon you, your family, your health, and your role. Unfortunately, during such times, we often dig in deeper by spending even more time at work and less time doing what we enjoy.

I imagine that's why you're here and why you chose this guide.

Let's get started!

Introduction

You've picked up this guide for a reason. I imagine you can relate to some, maybe even ALL of these:

- Your work has become all consuming.
- Your position is no longer enjoyable or satisfying
- You feel like you are failing at work and at home.
- You don't feel like you can keep going.
- You no longer feel like what you want is a priority. Your dreams and aspirations have been put on the back burner.

Or maybe your most important relationships are failing.

It's complicated, and no solution seems like the right one.

If you can relate to any of this, I imagine you're in a tough place. You may feel like a failure because you cannot get on top of your role. You want to be happy and successful, but you're not even sure what happiness or success looks like anymore.

If this is you, you are in the right place.



You Are Not Alone!

Leadership is hard. Yet we often make it harder than it must be. It's understandable when you think about it. You lead yourself and other people. Being a leader means more responsibility. You only have so much time and you have so much to do with it.

Your wellbeing often suffers because of this.

At least, it will suffer unless you're actively striving to make it better.

The good news is, this isn't as hard as you might imagine. Enhancing wellbeing doesn't have to be so difficult, and taking control of your time, relationships and health IS NOT an impossible task.

So, before we go further... slow it down, take a few deep breaths, and imagine life where:

- You feel happy, content, and at peace with your role as leader.
- You are passionate again about making a difference.
- You feel energized.

You've rediscovered what brings that sense of achievement and joy to your life.

You no longer spend all your time chasing your tail. Instead, you are now managing your time, your energy and being more productive at work and at home.

You feel safe to take time out and not be available 24/7.

You're enjoying your position more. It's fun and you can see that you are having a positive impact on your team. Even more importantly you're present for your family and friends.

But I get it. It's natural to feel like "yeah right, I've tried it all" and like it's all a pipe dream...

But let me reassure you, this IS NOT a pipe dream.

You Are Not Alone!

No matter what your current level of wellbeing is, you can turn it around and have that feeling of control. It doesn't matter who you are or how long you've been experiencing overwhelm, stress or burnout. It may sound like a miracle, but it isn't. Think back to how things used to be or how you dream it to be. Imagine going home at the end of the day and feeling as if you have achieved what you set out to do, made a difference, and still have energy to enjoy your time with family and friends.

Close your eyes. Picture it. Remember it and commit to having this in your life or business. If you're not committed to this... unless you REALLY want it and are willing to work for it, there's no point in reading any further. I cannot help you unless you're ready to help yourself.

If you are ready, what I share next WILL help you.
I have seen this transformation take place time and time again.

It can, and WILL happen for you, too...



THE JOURNEY OF
TRANSFORMATION:
OVERCOME THE
OVERWHELM SUCCESS PATH



THE SECRET OF CHANGE IS TO
FOCUS ALL OF YOUR ENERGY, NOT
ON FIGHTING THE OLD, BUT ON
BUILDING THE NEW - SOCRATES

Step 1: Awareness

Until you acknowledge your current situation, you cannot possibly make any progress in the future. You'll just continue to relive the same patterns and go through the same processes over and over.

You likely already know this. In fact, you may have known this for some time.

It's okay. It's understandable why you would avoid it because this part of the process requires you to get real and examine those tough spots in your work and personal life. You must face your issues, but first, really get to understand what they are. To begin with, it helps to remember WHY you're in this current leadership position.

Remember why you are here. Even if you only have vague memories, it's important to remember it (and cling to it, often).



WE ALL NEED PURPOSE IN OUR LIVES

Your position as leader is no different. Using the GLWS framework on the next page, take some time to reflect on the following questions and give yourself a score:

(0-10 with 0 = I can't continue to go on this way and 10 = I am thriving and living my best life).

Are all the relationships in my life as satisfying as I would like them to be?

SCORE:

Am I happy with the sense of meaning and purpose in my life?

SCORE:

Am I happy with the level of resilience and equanimity in my life?

SCORE:

Are my levels of health and vitality as I would like them to be?

SCORE:

Am I satisfied with the balance and boundaries I have in my life at present?

SCORE:

Am I satisfied with the level of intellectual engagement and flow I experience at work?

SCORE:

THE GLWS™ FRAMEWORK



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Wellbeing implies a sense of thriving, flourishing, being fully alive, 'firing on all cylinders' and living life to the full, as well as feeling balanced and calm, contented and at ease with life. Wellbeing is affected by many elements in our lives and varies from person to person because each of us has a different combination of psychological, emotional, social and physical resources upon which we draw.

Our wellbeing fluctuates depending on the events, challenges and experiences we encounter in our lives. When individuals have more challenges than resources, their seesaw dips, along with their wellbeing, and vice-versa. The GLWS framework is a unique representation of the factors known to drive executive wellbeing.

STEP 2: STRATEGISE

Once you are clear and honest about where you are, it's time to get clear on expectations. It isn't enough to take stock of what your current situation is if you then refuse to work to make changes.

It's time to set expectations. What do you expect to happen over the coming days, weeks, and months? How do you want your life or your business to look in 3 months' time, 6 months' time, a year's time, and what changes do you expect to happen?

Problem#1:

Problem#2:


It's important to set your expectations and then come up with goals and desires with a specific timeframe for your wellbeing.

It helps to start with BIG ROCKS: where you identify from a 50,000ft perspective about what the most important aspects of your wellbeing are.

Prompt: At times, it may be helpful to bring in outside perspective, guidance, and support to help you navigate the conversation for increased accountability. A coach is a good advocate to ensure your wellbeing remains a priority while supporting your individual needs. If this kind of support would benefit your wellbeing progress, follow the steps we give you at the end of this guide.

- Get curious about what you could do.
- This is the time to brainstorm, to dream big and to dare to write down what may even seem impossible.
- You've already established your wellbeing goals. Now it's time to turn it into a reality - and that begins with research.

Locate 3-5 people that are already living your dreams and have realized your desired outcomes. Buy them a cup of coffee and talk with them about how they got to where they are. Get curious about what their next steps were and how they began to pursue them. Ask them to share about their wellbeing challenges and what inspired them to move forward.



Leveraging other people's journeys and success stories can provide the motivation, hope and inspiration to commit to moving forward to your own goals.

Once you have completed your research, spend time narrowing down what specifically you want to put in place for your success. If you are a "big picture" thinker this can be the most challenging aspect of your action planning. Stick with it! The more specific you can be about what you need to do the greater your chance of success because you now have a road map with clear directions.

An example of this could be your goal is to spend more time with your family.

What does that look like?

Is it an extra hour a week?

An extra day a week?

What will you do with that additional time?

Will you spend it on a specific activity?

If so, are there any specific resources required? Do you have to cancel something else? Do you have to put in place strategies to isolate that time e.g., turn off your phone, leave work at a certain time.

Do you have to put it into your calendar?

Can you see, that by taking the time to get down into the nitty gritty, you have some clear steps you can take that will get you started.

Alternatively, if you are a detail person then you may find that you do the nitty gritty really well! In fact, you have so many steps that you can put in place, you lose track of the real purpose.

You may need to ensure that you are only implementing the steps that are going to make the biggest difference to you attaining your goal. Scary as it might seem, you may be able to cut out one of the steps and attain your goal sooner!

STEP 3: IMPLEMENT

One of my favourite quotes is:

"A journey of a thousand miles begins with a single step" - Lao Tsu

Now that you have a plan you decide.

What is your next best step to take in this moment?

How will that serve you?

If you don't take this step, what will you be delaying? What will happen if you don't take this step?

Embrace this. Take charge of your own results and happiness and do what brings you joy. This will involve taking some time for yourself and doing what you love. Yet it also involves finding happiness in the things you must do - the day-to-day tasks that are essential on the way to your desired destination.

What can you do to make these more exciting? What can YOU do to take charge of the situation and choose to enjoy the task in front of you?

That's the key... INTENTION!

Over time, your commitment to wellbeing can and WILL grow stale unless you intentionally keep fueling it. It's easy to take your relationships, career, physical and mental wellbeing for granted. It's easy to put things off until next week, next month, or some other time...

Make your wellbeing a priority again and take this next best step for YOU!

Discover Your Next Steps

We've all experienced tough times. Sometimes these are personal to you, and other times you share them with those around you. They can surround a situation unique to you and your leadership or be the result of a global situation that forces change upon you.

Tough times like these are stressful.

Following this 3-step process helps bring you back to what matters.

It isn't easy, and you likely will make mistakes along the way.

It's why going on this journey alone IS NOT recommended.

Because although you could, it's a surefire way to turn any progress you make, or don't make, into a reason for blaming external factors. Unless you go through this process with a trained professional, you run the risk of slipping down the wrong path.

It's important you choose a coach that intentionally guides and coaches you along a journey that strengthens you to desire to maximise your wellbeing.

Done right, you will grow as an individual and will reach your results beyond your wildest dreams.

This is why we focus so much on building the right structure so we can intentionally guide you toward your expectations.

If you would like to explore how a leadership wellbeing coach could support, you to:

- Stop feeling that sense of failure and not being good enough
- Stop that sense of overwhelm and dread
- Regain that sense of joy and purpose in your life again
- See an improvement in your relationships
- Assess where you are
- Set realistic expectations and goals
- Hold you accountable for REAL change, and
- Put the structures in place to feel more in control of your life

I invite you to book a “Overcome the Overwhelm“ session ASAP.

You'll leave this call with one thing you can implement right away that sets you on the right path.

[[CLICK HERE](#)] to book your complimentary “Overcome the Overwhelm” discovery session now!



ABOUT

Bernadette Durrell is a leadership and wellbeing coach, facilitator, and mentor who partners with business leaders to help them focus on their wellbeing, allowing them to increase their productivity, reconnect with their passion and continue to be the role model they want to be for their family and their team.

After spending over 30 years in leadership roles across health, aged care, and other associated industries, Bernadette understands the juggling act between bringing your best self to your role as a leader and maintaining your energy and passion for other areas of your life.

Bernadette has provided services to State and Federal Government Departments, large multinational and State companies as well as SME and NFP and individuals.

Bernadette holds a Master of Business Leadership, Credentialed Practitioner of Coaching and has accreditation in the GLWS® and Extended DISC assessment tools. Bernadette is a member of the International Coach Federation and the International Coach Guild.

Outside of her passion for coaching and supporting leaders, Bernadette loves long walks including the Overland Trail in Tasmania, the Camino de Santiago, and the Cape to Cape in Western Australia. An avid reader, Bernadette has eclectic tastes including crime, personal development, biography, and spy thrillers.



BOOK A SESSION

It can be challenging to make changes on your own, especially when you are busy with so many demands on your time and energy.

Take that first step to regain control and book a complimentary 30 mins

Overcome the Overwhelm session to find out how we can work together to get results.

[CLICK HERE](#)