IAN AMAN

BURNOUT PREVENTION FOR LEADERS AND TEAMS

YOUR BEST PEOPLE AREN'T QUITTING. THEY'RE BURNING OUT FIRST.



Burnout prevention as a retention and performance investment. Not a wellness perk.

62%

of professionals in Canada say they are burned out

Robert Half Canada, 2026

$5,500 TO $28,500

what burnout costs an employer per employee each year, by role

MHRC 2025, citing Martinez et al., Am J Prev Med 2025 (US study, in CAD)

27% VS 47%

burnout where prevention is a top priority, against 47% where it is not

MHRC, Mental Health in the Workplace 2025 (5,008 employed Canadians)

TWO WAYS TO BRING IT IN

HALF DAY WORKSHOP

3.5 hours. Up to 40 participants. In person or virtual.

- ✓ Five Domain Assessment prework for every participant
- ✓ Branded PALS workbook
- ✓ Anonymized Team Burnout Report for the HR sponsor
- ✓ 30 day virtual follow up session, 45 minutes

Ideal for leadership teams, sales teams and top producers

LEADERSHIP SERIES

4 sessions of 90 minutes over 8 weeks. One leadership cohort. In person or virtual.

- ✓ Five Domain Assessment before and after, so change is measured
- ✓ 1:1 debrief for each leader
- ✓ Pre and post Team Burnout Report
- ✓ Session workbooks
- ✓ Final ROI summary for the sponsor

Ideal for leaders and managers

WHAT YOUR ORGANIZATION GETS

- ✓ Five Domain Assessment for every participant
- ✓ Anonymized Team Burnout Report for the sponsor
- ✓ A PALS workbook each person keeps
- ✓ A 30 day follow up session

ABOUT IAN

30 years in corporate life, with VP roles in insurance and banking.

Author of Disappear For A Year. Keynote speaker and executive coach.

Still leads a sales and operations team today, so none of it is theory.

START THE CONVERSATION

Scan, or visit ianamanofficial.com/workshops

info@ianamanofficial.com

Sources. 62%: Robert Half Canada, 4 Ways Workers in Canada Can Counter Employee Burnout, 2026. $5,500 to $28,500: Mental Health Research Canada, with Workplace Strategies for Mental Health and Canada Life, Mental Health in the Workplace 2025, citing Martinez et al., American Journal of Preventive Medicine 2025 (US study, converted to Canadian dollars). 27% and 47%: Mental Health Research Canada, with Workplace Strategies for Mental Health and Canada Life, Mental Health in the Workplace 2025. Links to every source: ianamanofficial.com/workshops