tony adamson coaching

From Exhausted to Fulfilment

Helping exhausted third sector leaders manage their stress and reconnect to their purpose

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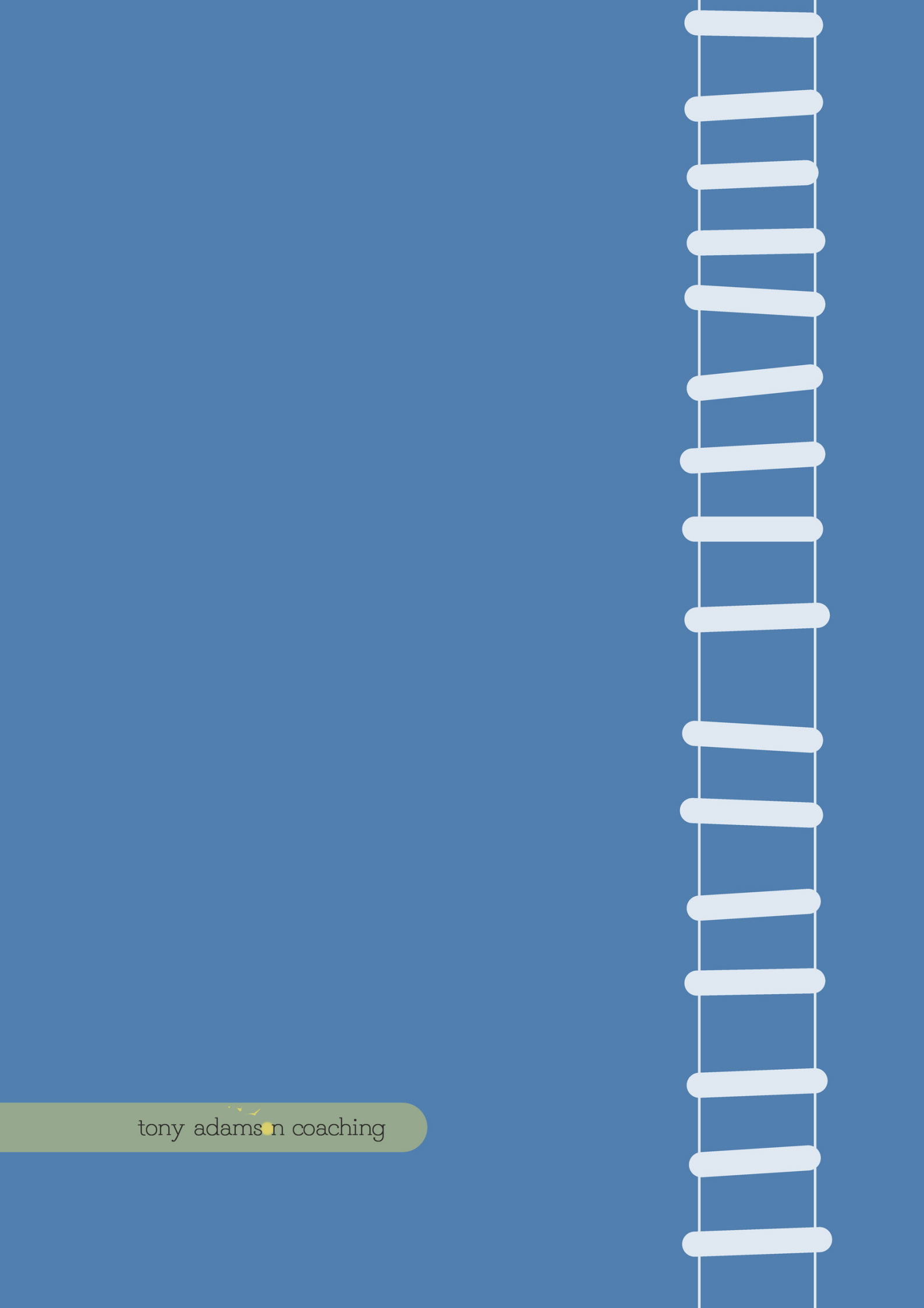
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Coaching enables you to think honestly about

- your values, purpose and what drives you
- what fulfilment and balance looks and feels like to you
- the difference between hard work, overwork and burnout
- your situation and what's causing your overwhelm
- creating strategies for managing your energy more efficiently
- putting in place effective boundaries through learning to say 'No'
- managing stress effectively
- why it's not selfish to put your oxygen mask on first
- pro-actively asking your employer for what you need
- creating the future that you want

DISCOVERY

- Module 1 - who are you? Understanding what makes you tick.
- Module 2 - where are you? Understanding the impact of your work environment
- Module 3 - where are you? Managing your energy and the impact of exhaustion

FORWARD

- Module 4 - in balance. Prioritising yourself and your wellbeing
- Module 5 - Forward Through Change. A clear plan for making the necessary changes.

YOUR FUTURE

- Module 6 - Putting it all Together. Making your future a reality.

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- All sessions are 60 minutes long and are are tailored to you and your specific situation, ensuring you get what you need out of our time together.
- There are no prescribed topics, and the modules described are only examples of what we could cover.
- You determine the content of the sessions, and based on your goals and where you want to get to.
- Session times and frequency are based on your needs.
- Mid- and end- point questionnaires ensure that your needs are being met throughout.

Meet your coach

I have worked in the third sector for over 25 years, 23 of these in management positions.
I now work with third sector managers who are exhausted and heading for burnout.

Package info

Consists of 10x60min sessions
Contact via email and WhatsApp is available in between sessions, if required

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