

AI UNCHAINED

Accounting Intelligence. No boundaries. No limits.

2024



CHECK IN: 1010BOI



ACHELOA
WELLNESS

AI Unchained:

5 Steps to End Burnout (*That Don't Include "Slowing Down" or Taking a Vacation*)



AGENDA

- Burnout unfiltered
- The 5 steps to end burnout
- Deciding to be burnout-free
- Special opportunity for action-takers!
- Close, takeaways & next steps





THE TYPE OF LEADER YOU ARE:

- You're a high-achieving, Type-A leader who's accomplished a lot in a short period of time.
- You're the team player type that rolls up your sleeves when things get tough.
- You find yourself unable to take on more and simultaneously struggle to prioritize yourself and the people/things that matter most to you.
- After years of hustling, you're exhausted and want your nights and weekends back.
- The pace of work is unrelenting. You're always trying to catch-up.
- You're stressed and are wondering if this is for you anymore.





**YOU CANNOT RISK GOING INTO 2025
WITH THE SAME STRUGGLES YOU'RE
DEALING WITH RIGHT NOW.**



WHY YOU SHOULDN'T WAIT TO MANAGE YOUR STRESS

- The industry will continue to evolve and you can't be caught using old strategies to cope with your stress.
- The market has changed. You won't be able to grow your book of business without getting support, accountability and consistent feedback.
- Learning how to hit professional goals without sacrificing nights and weekends will save you years of your life.
- Your family's wealth cannot risk you throwing in the towel.
- Your upward potential stays limited when you stay stuck in the same patterns.
- The faster you master your stress, the easier work + life will be.





CEO + Burnout Consultant

LAUREN BAPTISTE

Helping the hardest-working professionals breakthrough the effects of stress to enjoy the lives they've worked so hard for.



BURNOUT UNFILTERED

BURN·OUT /'bɜːn, out/

Excessive and prolonged stress

Symptoms of burnout:

- Emotional, physical, and mental exhaustion
- Cynicism and detachment
- Ineffective at work



ARE YOU EXPERIENCING BURNOUT RIGHT NOW?



Let's exploring the
Non-proprietary Single-item Burnout Measure...





Non-proprietary Single-item Burnout Measure:

POLL #1

**BASED ON A SCALE OF 1-5, WHAT IS YOUR
CURRENT STRESS LEVEL?**

- 1 - Little-to-no stress
- 2 - Some stress
- 3 - Chronic stress
- 4 - Burnout
- 5 - Chronic burnout

SCORING INSTRUCTIONS

If you selected 1 or 2:

There are no strong symptoms of burnout, but stick around. Burnout can happen anytime.

If you selected 3, 4, or 5:

There are burnout symptoms. Let's address these immediately.





**39% OF THE GLOBAL POPULATION IS
CURRENTLY BURNED OUT.**





**THE PROBLEM ISN'T THAT 39% OF US ARE
BURNED OUT; IT'S THAT MOST OF US
AREN'T DOING ANYTHING ABOUT IT.**



WHY BURNOUT OCCURS

Why you think you're burned out:

- Not enough hours
- Team/limited resources
- Challenging peers
- Client pressure
- Juggling too many things

Why you're actually burned out:

- You're blaming your burnout on your circumstances.
- *"It is what it is"* - There's a part of you that doesn't believe you can get out of this. (*Mindset*)
- Type-A Takedowns: People pleasing, perfectionism, or procrastination.
- You're waiting for your company to save you, or for things to "magically" get better. *They won't.*





WHY IT'S A PROBLEM

- You're miserable.
- You're resigning to work and life. You're giving up.
- Your confidence is taking a hit.
- At work, you're looking like a low-performer and your client and colleagues frustrated with you and your performance.
- At home, you're picking fights with your spouse and you're not fully present for your kids.
- In the profession, suicide and substance abuse is higher than it's ever been.



BREAKING THE CYCLE

- You need to know this is correctable.
- You need to take charge before it becomes an actual problem. *“Best time to plant a tree...”*
- **You need to learn The 5 Steps To End Burnout.**



WHY THESE 5 STEPS ARE THE SOLUTION

- You don't have time to slow down or take a vacation in Q4.
- You need to recover from burnout and still hit your professional goals without skipping a beat.
- You don't have the time to read all the books and listen to all the podcasts. You need things to be better ASAP.
- You can no longer wait for the market to improve or to try to power-through another busy season.
- **You can't afford to go into 2025 with the same struggles you're dealing with right now.**



WHY THE 5 STEPS WORK

- It's a proven method that has worked with hundreds of clients in accounting and bookkeeping. (*Just like you!*)
- Stress will always be a constant, but how you manage it is a differentiator. These steps are a true process to recover and prevent burnout.
- You don't want to slow down; you just want to run without the sacrifice. These steps teach you how to go farther and faster for the long-haul.
- The only way to solve new problems is with new solutions.
- The 5 steps aren't just tactics; it's addressing the root cause of what's causing high stress in your life.
- They're made to simplify your jam-packed, on-the-go life.





5 STEPS TO END BURNOUT



Step #1

MANAGE YOUR MIND

(energy)



STEP 1: MANAGE YOUR MIND

- Understand the connection between your thoughts, feelings and behaviors, and the ultimate result they create.
- Handle tough situations with more ease.
- Get off the hamster wheel of competing thoughts.
- Make decisions with more clarity and precision.
- Improve focus and productivity.



STRESS-LESS WIN!

"While I can't control everything, I can control how I react. This perspective shift has helped me conserve my energy and prevent negativity from further draining me in a time when I was experiencing significant workplace burnout.

By managing my mind, I've learned to accept the ups and downs in my career and life. This progress has been crucial in managing stress in a professionally challenging time and still maintaining a positive outlook."

*Diana K.
Senior Manager*





Step #2

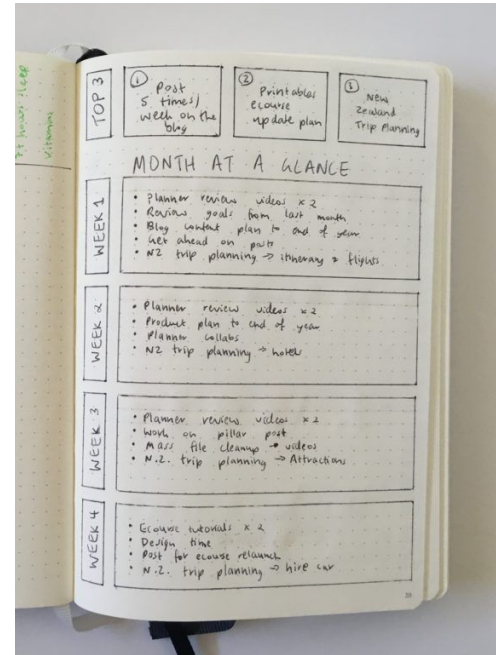
MAKE AN *INTENTIONAL* PLAN

(strategy)



STEP 2: MAKE AN INTENTIONAL PLAN

- Reclaim control of your calendar.
- Prioritize the “essential few” vs. the “trivial many”.
- Procrastination ends as you start crossing years-old projects off your “to do list”.
- Feel more comfortable saying “NO”.
- Make time for more personal activities (i.e., poker, vacation, or a lazy Saturday).



STRESS-LESS WIN

"I've actually increased my responsibility since working with Lauren, but I've actually become more calm, more chill and more in the moment.

I'm now in control of my schedule. I know how and when to "turn off" when I feel that it's necessary. **The phrase "I can deal with that tomorrow" has changed my life** unbelievable amounts because I am able to be present with my family and friends."

Dayna S.
Head of New Product Development





Step #3

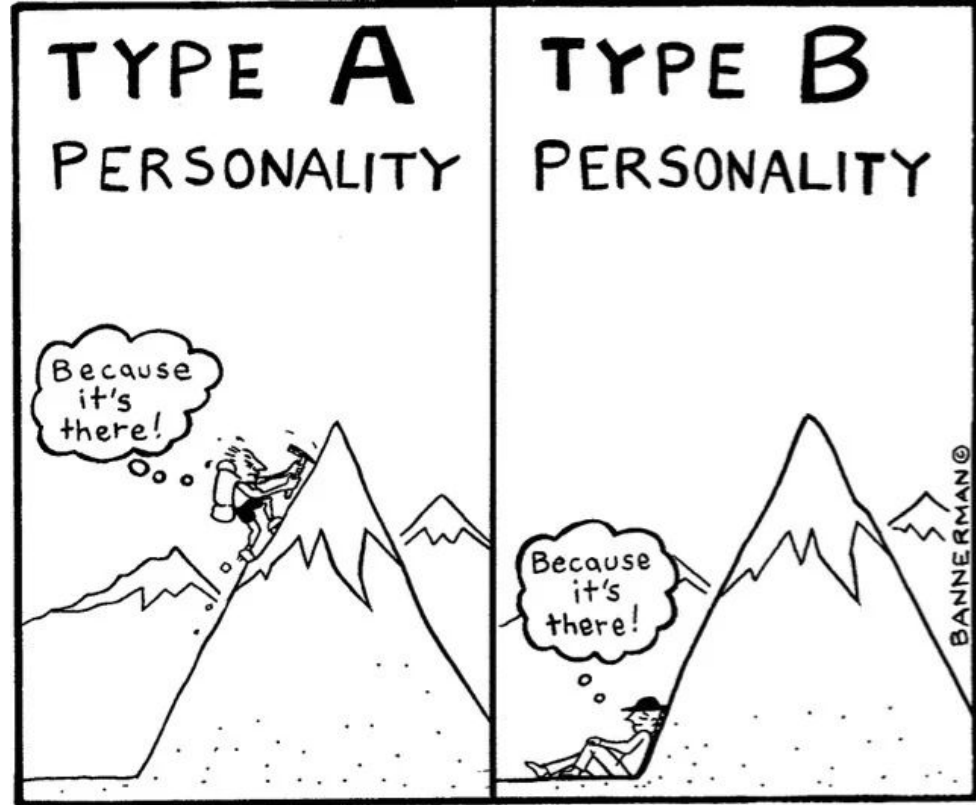
BREAK YOUR TYPE-A TENDENCIES

(clarity)



TYPE-A TENDENCIES

- People Pleasing
- Perfectionism
- Procrastination
- Overworking
- Impatience
- High-achieving





POLL #2

WHICH OF THESE TYPE-A TENDENCIES NEGATIVELY IMPACTS YOUR LIFE MOST?

- People Pleasing
- Perfectionism
- Procrastination
- Overworking
- Impatience
- High-achieving

STEP 3: BREAK YOUR TYPE-A TENDENCIES

- Have and maintain healthy boundaries where you no longer accept meetings on a Sunday or whenever your colleague calls.
- You stop being the bottleneck on your team. Things get out quicker.
- Get things done, and not because your calendar frees up, but because you stop buffering with emails and scrolling on linkedin.
- Clock out at a reasonable time consistently.
- You find more peace with the chaos that is. (i.e. teaming, deadlines, etc.)



STRESS-LESS WIN

“When I began a new role, she helped me **feel comfortable setting boundaries**, and for the first time, **I was truly able to achieve work-life balance**. She taught me that **I could still be successful in advance my career, but still enjoy my life and not feel like I had to choose one way or the other.**”

*Alexandra C.
Senior Manager*





Step #4

REBUILD YOUR CONFIDENCE

(harmony)



STEP 4: REBUILD YOUR CONFIDENCE

- Have capacity to take on more at work and at home.
- Propose new ideas in meetings without worrying about what others will think.
- Attend more networking events and create more meaningful connections.
- Build your revenue/book of business easier (*and have more fun doing it!*).
- Advocate for yourself and your team.
- Embrace client feedback as an opportunity for growth.



STRESS-LESS WIN

"If you told me I would be feeling positive, optimistic and confident, I don't know if I would have believed you... **But here I am**. And it's the coaching that helped me...

I received a review at the end of last year that was tough to hear. I knew I could do better, I just needed a little more support.

[Four months later, and] my supervisor was very happy with how things are going. **I'm showing up confidently, because I am doing my work in a way that makes more sense. The quality of my output is better.**

Krithika H.
Senior Program Officer





Step #5

EVALUATE

(mastery)



STEP 5: EVALUATE

- Make improvements instead of continuing to repeat the same mistakes.
- Witness growth, not by “luck”, but by monitoring your intentional actions.
- Find yourself in a “Winning Cycle” faster with more ease and precision, and stay there longer.
- Recover from burnout and prevent yourself from future burnout.
- Learn a process that you can use in every facet of your life, anytime.





EVALUATION STRATEGY

What went well?

What didn't go well?

What you'll do differently?



STRESS-LESS WIN

"I have found the freedom to accept myself and to show up more authentically for life, my career, and my family.

I've **gathered the necessary tools to trust myself.** It's all known deep down, but working with Lauren was invaluable and very eye-opening for me.

I was able to **celebrate the little victories** that came along in the process of self-improvement that carried over to feeling **more fulfilled**, and in a **flow state.**"

Lyaman K.
Business Owner



THE 5 STEPS SUMMARIZED

1. Manage your mind
2. Make an *intentional* plan
3. Break your Type-A tendencies
4. Rebuild your confidence
5. Evaluate





POLL #3

WHICH OF THE 5 STEPS FEELS MOST IMPORTANT IN YOUR BURNOUT RECOVERY?

- 1 - Manage your mind
- 2 - Make an *intentional* plan
- 3 - Break your Type-A tendencies
- 4 - Rebuild your confidence
- 5 - Evaluate

RESULTS CREATED

- Hit your next career move with greater success + ease
- Recover from workplace and personal burnout
- Faster strategy, processing + decision-making
- Master conscious leadership
- Improve confidence
- Uphold stronger, healthier boundaries
- Find a greater sense of calm + peace in daily exchanges
- Achieve balance at work + home
- View challenges with greater optimism
- Improve your productivity
- Have your days run smoother





RECAP

**WHEN YOU DECIDE TO END YOUR
BURNOUT BY USING THE 5 STEPS,
YOUR LESS-STRESSED LIFE IS
GUARANTEED.**





DECIDE TO BE BURNOUT-FREE



PRIVATE 1:1 COACHING

YOU'RE A GOOD FIT FOR COACHING IF YOU:

- Are committed to making changes in your life
- Have been stuck in a rut for a long time and can see that continuing to live this way is no longer serving you.
- Want to become your favorite version of yourself
- Are ready to make the investment of time, energy and money to ending your burnout to start having everything you want.





FREEDOM COACHING PROGRAM

- 6 months to end overworking and overwhelm and start enjoying your life
- Coaching sessions 2x/month
- “Ask My Coach” ongoing coaching support
- Tools to improve stress management, time management, work-life balance and confidence



SHARE FEEDBACK + CONNECT WITH LAUREN

1. Scan this QR Code



or go to talk.ac/laurenbaptiste

2. Enter the code “CONNECT” if prompted.

CONNECT





Q & A

*If there's something on your mind,
someone else is likely thinking the
same thing...*





POLL #4

**WOULD YOU LIKE TO LEARN MORE
ABOUT LAUREN'S PROGRAMS
FOR YOU AND/OR YOUR TEAM?**

- Yes
- No



Q & A

*If there's something on your mind,
someone else is likely thinking the
same thing...*



ADDITIONAL RESOURCES

- [Freebie: 3 Steps to Healthy Boundaries](#)
- [Whitepaper: Considerations for Working Women and Stress](#)
- [Whitepaper: Why Investing in the Female Workforce Now is Crucial for Organizations](#)
- [Website: AcheloaWellness.com](#)



Let's Stay Connected!

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THANK YOU!

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ADDITIONAL RESOURCES

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- [Whitepaper: Considerations for Working Women and Stress](#)
- [Whitepaper: Why Investing in the Female Workforce Now is Crucial for Organizations](#)
- [“Billable-Hour Burnout” weekly lives with Lauren](#)
- [Website: AcheloaWellness.com](#)





ADDITIONAL RESOURCES

Your Organization

- Workshops + Trainings
- Group Programs
- Employee 1:1 Coaching
- Keynotes + Speaker Series
- Workplace Burnout Assessments

You

- Private 1:1 Coaching





ADDITIONAL RESOURCES

Your Organization



You

