



BURNOUT RECOVERY: REST, RESTORE, RESILIENCY

Burnout can be a frustrating time, and there are so many factors as to how you got here and how to recover. Let La Posada Training and Care help you find your way through Burnout and walk with you toward restoration and resilience.

Exhaustion, role conflicts, lack of efficacy or agency, workload, expectations from team or organization... there are so many variables to burnout in global workers and it can feel like a tangled mess of emotions. "How did I get here" and "how do I move forward?" Our burnout specialists and trained coaches can help you untangle the mess and find a way to heal and thrive again.

Our director and founder, Billy Drum, is a specialist in burnout within the global worker community. So much so that he spent years on interviews and research and wrote his dissertation on burnout in cross-cultural workers and mission organizations! He has coached many ministry workers through this tough time. You are in good hands!

Burnout Coaching

We offer a Burnout Coaching package, tailored to your specific needs and timeframe for recovery. Our Burnout Specialist will meet with you (the first session is always free) to get to know you and your situation and to assess how to best work toward recovery together. Over the next weeks and months, you will continue to meet for 6 sessions to work through the variables and define practices that will help you begin to heal and thrive again.

Burnout Coaching package includes:

- (1) free 1-hour initial consultation
- (6) 1-hour coaching sessions tailored to your specific needs over a period not to exceed 6 months
- Burnout Reflection Workbook

\$500 for Global workers

**a limited number of scholarships are available based on need. Contact us if you need help.*

Burnout Debrief Retreat

Why not add on to your recovery and come away for a time of rest and retreat in beautiful southern Spain? La Posada would love to host you as you take some time away - time to reflect, to sleep, to sit in the sunshine, to read... whatever you need to help you find the real you again.

We have various housing options. Choose from the simple guest apartment in the home of our Director, a hotel room in our quaint Spanish village, or a countryside villa. We can help you find the option that fits your needs and price point. We can also help you add options like a walk-and-talk coaching session with one of our trained coaches, hiking through the mountains of Andalusia, or a horseback ride with our trained Equine Therapy professionals.

Let us help you make your Burnout Debrief Retreat special.

Cost: \$250 for a 3-hour in-person Burnout Debrief session
Cost of housing and activities varies depending on your needs and preferences. Give us a call!