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To grow within, so WE can serve beyond. -Ted Zotos, Ed.S.

🔥 Combat Burnout...Book A Chat with Coach Ted Z. 🔥

1. You'll SEE burnout before it takes people out.

Burnout doesn't always scream, it whispers. You'll learn how to recognize the signs early... when someone is checked out, running on empty, or starting to lose belief.

2. You'll WIN the hard conversations.

No more guessing. No more walking on eggshells. You'll have real tools to manage resistance, frustration, and those "this isn't going anywhere" moments with confidence.

3. You'll BREAK the cycle of negativity.

We're not here to vent, we're here to grow. You'll learn how to shift conversations from "nothing will ever change" to "here's what I can do next."

4. You'll PROTECT your own energy.

You can't pour into others if you're empty. Learn how to support people at an elevated level without carrying their weight or draining yourself.

5. You'll RECONNECT people to purpose.

This is the gamechanger. You'll help people rediscover their WHY... rebuild their energy... and step back into their work with belief, ownership, and possibility.