

Sarah Vizer

Beyond Burnout

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About me

Hi, I'm Sarah! I'm a leadership and Mindset coach who is all about **SUSTAINABLY** igniting energy, focus and motivation. Drawing upon 20 years in a corporate career as a leader and consultant. I've worked across many large organisations, including PwC, BHP Billiton, Rio Tinto, and Hewlett Packard Enterprise.

But after 20 years I came to a real life crisis point. Yes I was **EXTREMELY BURNT OUT!** Fast forward and I now use my experience along with current, evidence-based research to help others reach those high peaks of performance without the burnout.

I'm the **creator of 'Beyond Burnout'** which is all about **SUSTAINABLE PERFORMANCE**. I draw out your best, helping you find an easier way to do work and life.

My mission is to use my lessons from life and work to **inspire other top professionals**. Favourite topics include building sustainable solutions, tapping into resilience and maintaining great performance...all without burning out of course!



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