

HERE'S WHAT MY

CUSTOMERS SAY



UNCOVERS THE TRUTH

Discover the patterns holding you back from living life with energy and passion

Sarah has presented some fantastic wisdom that clearly outlines how burnout develops, how to steady yourself through healing and work your way out of burnout back to living with passion and purpose.

I've done personal development programs before but had some major breakthroughs from Stronger Foundations after completing the unique exercises.

I highly recommend the Stronger Foundations Program. It is a fantastic program no matter where you are on your journey.



**JUSTIN -
PILOT VESSEL CREW
DARWIN, AUSTRALIA**

INFORMATIVE AND PRACTICAL

Blending lived experience with proven, evidence-based models

Beyond Burnout Stronger Foundations is both evidence-based and insightful as Sarah shares her practical tips and lived experience on how to recover and build a roadmap for life after burnout.

I recommend it to anyone who is grappling with what needs to change in their life to prevent and recover from burnout.



**ANITA -
INDEPENDENT FREELANCER
BRISBANE, AUSTRALIA**

BREAKING THE BURNOUT CYCLE

An educational toolkit for life – perfect if you’re struggling with energy and losing motivation

Burnout is rampant in my field of work but at the start of the program I wasn’t entirely aware that I had actually burnt out. In the past I’d taken steps to alleviate some aspects of my workload and this helped temporarily but I hadn’t addressed the underlying traits of burnout. I could still get back to burnout very quickly without even realising.

Becoming aware and knowing how to break the cycle is MASSIVE! It's brought a huge sense of relief to know that it's possible and now it's just up to me. The exercises, reflections and action steps brought clarity and a path for recovery.

Now I’m brighter in my thoughts and I have a range of tools to support the burnout process, as well as comfort in knowing I’m not alone.



**JUDY -
EDUCATIONAL ADMINISTRATOR
AUSTRALIA**



RESULTS

"Deeper understanding of self and personal needs "

"Motivation to make necessary changes and reverse the process / cycle"

"A better understanding of what burnout actually is so I can better advocate for myself when seeking paid professionals"

"Awareness of how and why things might seem to be falling apart"

"Halt regression and get on the right track to vitality"

"Comfort in knowing your'e not alone"

"Guidance to create a multi-faceted plan to sustain a happy, healthy life without burnout"

"Self-awareness of my life situation and what's holding me back from living with energy and passion"

"Deeper understanding of how and why I found myself in burnout"



"Finding HOPE that there is a way out of it"

"Getting comfortable with a range of tools to support the burnout process"

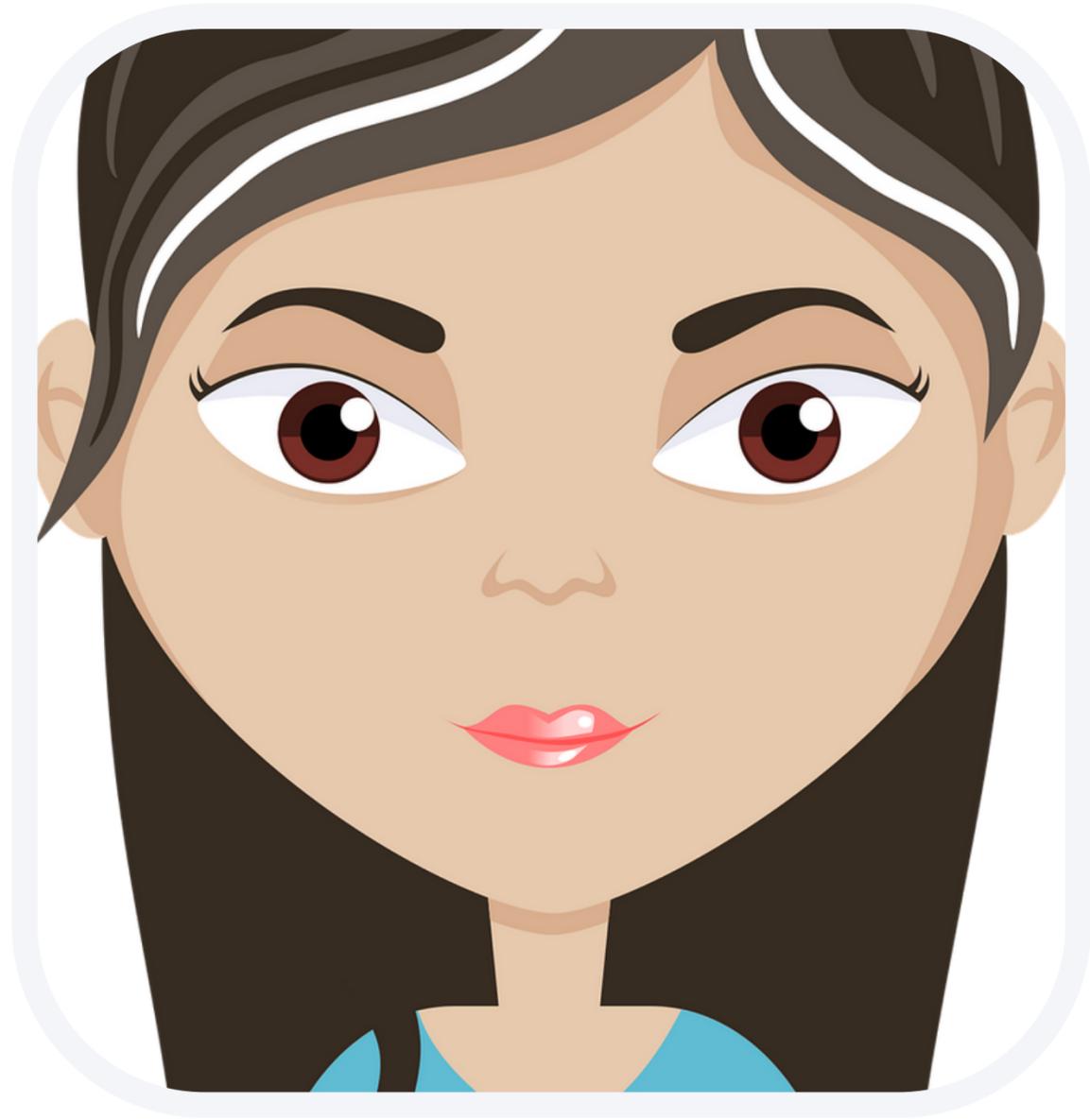
AN INSIGHTFUL, VALUABLE GUIDE

Discovering the steps to recovery and how to sustainably live without burnout in the long-term

I found great value as someone who had experienced and recovered from burnout before taking this program. Sarah does a great job of explaining what is actually happening in our burnout and guiding you to understand your own individual situation and what factors led to burnout.

The most valuable part is learning what's needed for recovery. I gained numerous insights to make my recovery process more effective and become confident I have the tools and knowledge to avoid burnout again in the future.

I would recommend this program whether you are headed towards burnout, currently in the midst of it, or feel you have recovered.



**ALISSA -
PHYSICAL THERAPIST
BROOKFIELD, WI, USA**

RETURNING TO HIGH PERFORMANCE

Moving from overwhelm and exhaustion to strength, focus and better performance

In burnout, every morning was a struggle to get moving. I had little energy and was so very tired. I questioned how I was going to make it through the day. How I'd get the energy to present myself favourably and hoped no one could tell I was worried about it all falling apart.

I'd tried working my way through it alone, doing the work, but this program really educated me on what I was doing to myself. There was ah-ha moments in every module!

Every good thing you do FOR your body, every bad thing you do LESS OF, even if it's baby steps it all adds up. This gives Mother Nature a chance to heal you and get you back to peak condition.



**DEREK -
SMALL BUSINESS MARKETING & SALES COACH
ONTARIO, CANADA**



ADVICE

"Take the action. It may feel like small steps in the beginning, but it will lead to a big end result. Do it NOW! What do you have to lose?!"

"It's easy to follow and understand, so don't feel like you are taking on something that's overwhelming. It's presented in bite size chunks and in straightforward terms"



"Jump in and do the work with an open mind and self honesty (even if it hurts)"

"Make the time, find a great space and actively participate in the videos and workbook"

"If you're struggling with energy and losing motivation for life - this is for you. Learn it from an educated person who's lived it"