

# **Sarah Vizer**

## **LEADERSHIP & MINDSET COACH**

**Leader**

**Author**

**Coach**

**Mentor**

***SUSTAINABLE PERFORMANCE***



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Sarah has over 20 years of experience as a mentor, leader and corporate consultant. She has most recently worked with top tier organisations such as PwC, BHP Billiton, Rio Tinto and Hewlett Packard Enterprise where she specialised in leading organisation-wide technology and cultural change.

Following a period of high stress and burnout in 2017, Sarah now shares the story of what led to her corporate burnout with both candour and self-reflection. She likes to refer to herself as both an EXAMPLE of how to flourish after a burnout experience, as well as a CAUTIONARY TALE of what not to do!

Sarah is a highly regarded Leadership and Mindset Coach. Her business, Beyond Burnout, has 2 areas of focus:

- **Sustainable Performance** – drawing out the best in our leaders, sustainably igniting motivation, focus and energy for our top professionals.
- **Burnout Prevention** - breaking the cycle of burnout, performance without burnout.

Combining experience with current, evidence-based research, she develops the systems that achieve client transformation. Her background in consulting, coaching and change management works perfectly, assisting people transition to new beliefs and ways of working.

Sarah's growing body of thought leadership includes the **Burnout Recovery Process** – how we fully move past burnout, as well as published articles and contributions in the media and her own knowledge bank blog.

# About Me

Read about my  
burnout story [here](#).

Companies I've  
been part of:



RioTinto



# My Credentials



## Diploma of Leadership Coaching

Professional coaching qualification with the Australian Institute of Professional Coaches.

Coaching is based on the principles of positive psychology and the diploma certified through the International Coaching Federation (ICF).

## Professional Change Practitioner

CHANGE PRACTITIONER



Accredited in PROSCI which is considered the leading change qualification in the business.

PROSCI offers research based training and certification based on the ADKAR model.

## Tertiary Education



## Master of Business Administration



## Bachelor of Business



## Bachelor of Arts