

**Fwd: New Dialogue and Chapter of Mindhood Alert: Burnout** 🔥

1 mesaj

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27 Aralık 2020 15:04

İleti başlangıcı:

**Kimden:** Mindhood Community <community@learnup.io>  
**Tarih:** 13 Mart 2020 16:25:48 GMT+3  
**Kime:** YusufG <y.gulsayin@gmail.com>  
**Konu:** New Dialogue and Chapter of Mindhood Alert: Burnout 🔥  
**Yanıt Adresi:** Mindhood Community <community@learnup.io>



Hey YusufG,

We have great news from **Mindhood** universe! 🥳

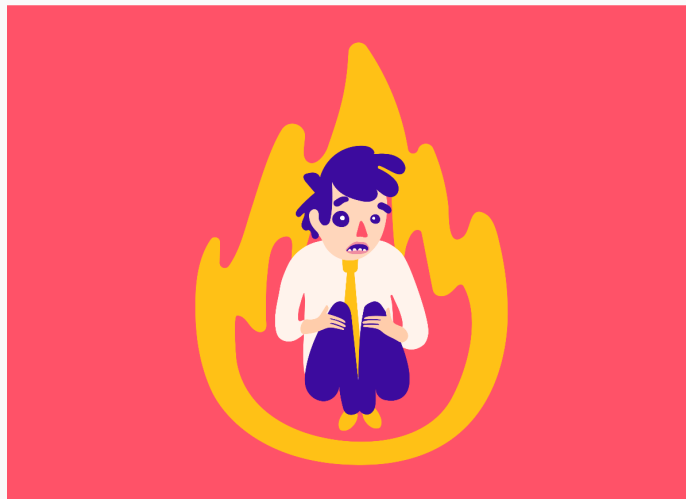
Mindhood has a new journey that will take you into path for recovery about burnout! Please follow the steps:

1. Take the test.
2. Get comfortable while reading about it.
3. Meet with our instructor during this period, **Banu Hantal**.
4. Join our 10-day experience.

It is going to be fun, we promise!

[Test Yourself](#)

**Featured Dialogue:** 🔥 Burnout 🔥

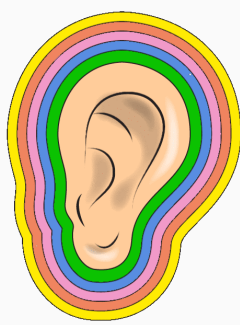
**What is burnout about?**

The original meaning of the term burnout refers to a rocket engine stopping due to the depletion of fuel. A **mild burnout** leads to low cognitive performance, productivity, and life satisfaction. Also, it significantly strains social relationships.

*Burnout is usually accompanied by depression -so many people will have both.*

**What will you learn?**

- ✓ What is *burnout*?
- ✓ Regulate life energy
- ✓ 80/20 principle in work
- ✓ Experience of joy



### Did you hear:

**23% reported** feeling burnt out at work very often or always.

Physicians are one of the at risk groups with a rate of **44% self-reported** burnout.

According to Blind app. survey ran in May 2018, **57% of tech workers** report experiencing burnout.

Feel exhausted? Find yourself resenting the people or your work? Or feel like you can't take it anymore? Banu Hantal, Leadership Psychologist & Executive Coach is here to help you heal your burnout with certified coaching methods. All you have to do is **click the button** below.

[More Information](#)

### Creator Spotlight: Banu Hantal



Banu Hantal is a psychologist specialized in performance and leadership. She coaches startup CEOs of Silicon Valley on how to create companies where high performance and wellbeing coexist.

### Join 10-day Experience



**10-Day Experience**  
**\$20**

Daily 10 minutes of exercises, reflections, audio guides, videos, and learning content for 10 days.



**10-Day Experience & 45 minutes 1 to 1 Call**  
**\$250/hour**

The 10-Day experience to cool down your burnout is not enough? Here is your virtual flight ticket to San Francisco to talk with Banu Hantal to have personal support.

[Enroll Now](#)

See you next week,  
*Until that day comes "Stop and smell the roses,"* and [reply to us about not your Coronavirus status but your possible remote work routines.](#)

The Mindhood Family



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