

DDr. BurnOut™

Meet Kimberly Wilson

Kimberly Wilson, Ph.D., LMFT is on a mission to transform 100 workplace cultures and cure 5500 women of burnout, in honor of her grandmother.

She helps individuals and businesses conquer overwork and overwhelm by teaching them to do less so that they can accomplish more. She shares insights on burnout, boundaries, imposter syndrome, and mindset.



BIO

Dr. Wilson is an executive coach and organizational consultant with Leadership and Resilience Consultants, which assists organizations in solving systemic challenges such as workplace culture and burnout.

As a retired US Marine, licensed therapist, speaker, and author, Dr. Wilson has dedicated her life's work to supporting the community around her. She's worked internationally and domestically providing organizational initiatives and support to businesses and the military. Her proprietary Cure Your Burnout System transforms organizations and women's lives to prevent and cure burnout.

TALKING POINTS

5 strategies of Top Performers to prevent and stop the cycle of burnout. Implement these mindset rituals to create balance and success.

How to Stop Feeling Like a Fraud. Embrace your talent so you can quit feeling worried that others don't believe in you. It's false.

Secrets to avoid the Perfectionist Paradox™. Cultivating Mental Resilience to boost team results. Explore practices to bounce back.

End financial foolishness ~ examine why you continue to engage in unhelpful habits to bail out family & friends. Create new habits.

FEATURED



CONNECT



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