

THE BURNOUT RESET

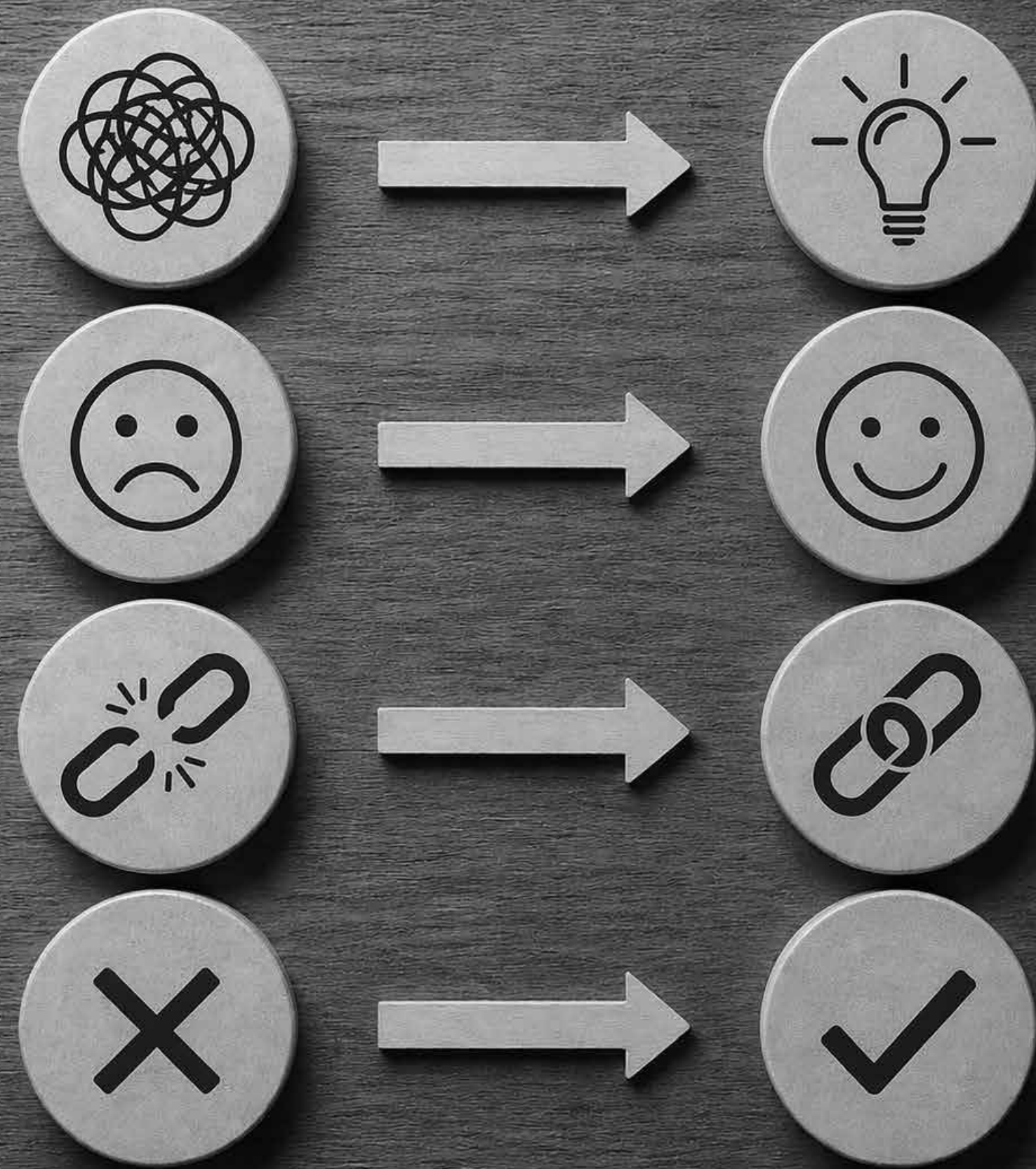
PROGRAM

CYRUS AUSAR

BURNOUT RECOVERY
SPEAKER & COACH

GOING TO GROW

BURNOUT RECOVERY
FOR PROFESSIONALS



IS YOUR ORGANIZATION
PERFORMING AT ITS BEST OR JUST
PUSHING THROUGH BURNOUT? _____

Burnout often goes unnoticed, but it consistently impacts performance:

- Tasks take longer due to mental fatigue
- Decision-making slows with hesitation and second-guessing
- High performers begin to disengage over time

Solutions

- Identify the true source of burnout and energy loss
- Restore focus, clarity, and decision-making
- Create a sustainable performance rhythm without recurring burnout

THE CHALLENGE & SOLUTION

WHAT THIS PROGRAM INCLUDES

OUTCOMES | - Improved focus and clarity | - Faster, more confident decisions | - Consistent performance without burnout

LIVE BURNOUT RESET EXPERIENCE

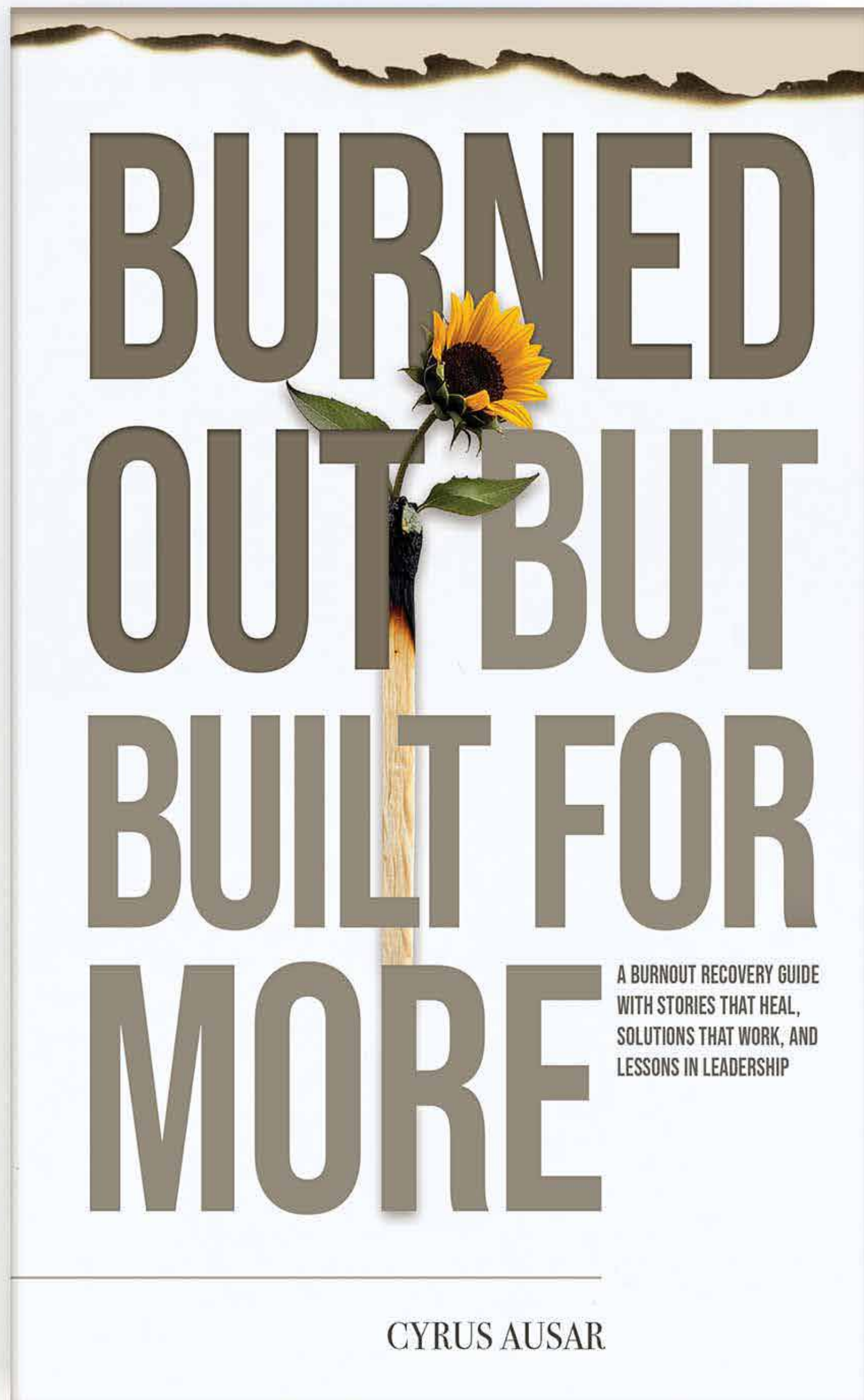
A keynote or workshop that identifies the root causes of burnout and delivers a clear, practical reset in real time.

(60-90 minutes)

TOOLS AND SUPPORTING MATERIALS

Worksheets and guided resources to help your team apply and sustain the reset immediately.





BURNED OUT, BUT BUILT FOR MORE

BOOK OPTION

PROBLEMS

Most organizations don't lack effort. They have high performers who are quietly exhausted. Burned Out, But Built for More helps your team understand why energy and clarity fade and how to regain both in a practical way.

SOLUTION

When your team understands burnout, they communicate better, make clearer decisions, and move out of survival mode. This book becomes a simple, scalable reset that supports your people and strengthens your culture.



- *HELPS INDIVIDUALS RECOGNIZE AND WORK THROUGH BURNOUT*
- *PROVIDES A CLEAR PATH TO RESTORE ENERGY AND FOCUS CREATES A SHARED FOUNDATION FOR TEAM-WIDE PERFORMANCE CONSISTENCY*
- *SAMPLE COPIES AVAILABLE UPON REQUEST.*
- *BULK ORDERS CAN BE CUSTOMIZED.*

CYRUS AUSAR

With over two decades of experience, Cyrus has led sessions, keynotes, and structured programs focused on helping people move beyond burnout and into sustainable performance. His approach goes beyond relaxation by identifying the root causes of mental overload and providing clear, actionable frameworks that create lasting results.

His work has been trusted by organizations including Cedars-Sinai, United Way, NYU, MIT, and Boys & Girls Clubs of America.



TRUST

Cyrus Ausar is known for turning complex mental challenges into clear, practical direction that organizations can act on immediately.

CLARITY

He helps high performers regain focus and consistency without sacrificing their edge.

DEPTH

Cyrus addresses the root causes of burnout, replacing hidden mental strain with clear, sustainable thinking patterns.

RANGE

He has worked across healthcare, education, and corporate leadership, delivering solutions that translate across high-pressure environments.

BOOK A CONVERSATION



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