

Avery Thatcher

Burnout Recovery and
Prevention Strategist for Highly
Sensitive High Achievers

Early on in her career as an ICU Registered Nurse, Avery noticed that the majority of the reasons her patients found themselves in the ICU were because of illnesses and diseases that could be linked to chronic stress. She made the decision to get out of the reactive side of medicine in 2015 and started building her business to help high achievers prevent and reverse the negative health effects of stress.



SIGNATURE TOPICS

- ✓ Burnout recovery and prevention for highly sensitive high achievers
- ✓ Stress versus Trauma versus Burnout - how to tell the difference and how to heal
- ✓ How to unlock your productivity potential (without burning yourself out)
- ✓ How to stop perpetuating burnout culture in the workplace
- ✓ My personal story of why I chose to change my first name in order to feel at home in my body again after a significant health event

200+

podcast interviews

50+

live speaking events

7,500+

email list subscribers

40% average
email open rate

6% email click through rate



SPEAKING PACKAGES

KEYNOTE

Professional Keynote Presentation tailored to your organization (up to 60 minutes)

HALF-DAY WORKSHOP

2 to 3-hour Interactive Workshop tailored to your organization including small group sessions, and individual support

FULL-DAY WORKSHOP

6-hour Interactive Workshop tailored to your organization including small group sessions, and individual support

All speaking packages include an 8 week follow up mini-course with weekly emails and a 5 - 10 minute video to help attendees implement the strategies discussed in the presentation

CONTACT DETAILS

Please feel free to contact me for any concerns or questions.



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