

Avery Thatcher

Burnout Recovery & Prevention Strategist

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, by developing the Creating Calm app, speaking career and coaching practice.



SIGNATURE TOPICS

- ✓ The Truth About Burnout: How to recover from burnout and prevent it from coming back
- ✓ Revitalize Your Workforce: Developing a Burnout Recovery Action Plan for Your Organization
- ✓ Beyond Culture: Unveiling Burnout's Impact on Teams
- ✓ Yoga, Mindfulness Based Stress Reduction, Somatic Stress Relief, and Other Resilience Building Activities
- ✓ Finding Inner Stillness in Outer Chaos: Avery's Story of Navigating Identity Grief, Chronic Illness, Disability, Burnout and Finding Herself Again

All corporate speaking packages include a five to eight week follow up mini-course with a short video and action step each week to help attendees implement the strategies discussed in the presentation or workshop

CONTACT DETAILS

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My credentials and why they matter to you:

Bachelors of Nursing (BN): Provides a solid foundation in health and wellness, crucial for understanding stress and burnout.

Advanced Critical Care Nursing Certification: Gave me a deeper understanding of how acute and chronic stress affect our body, mental capacity, emotional regulation and motivation.

Patient Safety Educator/Trainer: Learned the most effective ways to teach adults, how to examine system and human factors in complex situations, and to create data-informed action plans to mitigate the impact of the systems and human factors that contribute to the issue.

Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT): Equip me with strategies to help individuals reframe negative thinking patterns and develop healthier coping mechanisms.

Acceptance and Commitment Therapy (ACT): Assists in fostering resilience by helping individuals accept their experiences and commit to positive changes.

Neurolinguistic Programming (NLP) and Erikson Hypnosis Practitioner (EHP): Facilitate deeper behavioral change and stress management techniques.

Art Therapy Certificate and 500hr YTT (Yoga Teacher Training): Offer creative and physical outlets for managing stress and enhancing well-being.

Somatic Therapy Certification and Mindfulness Based Stress Reduction (MBSR): Integrate body awareness and mindfulness practices into my programs, promoting holistic healing.