

Panel of Experts

# **Tiny Habits for Reducing Burnout**

Presented by Tiny Habits® Academy

# Experts:

## Tiny Habits for Reducing Burnout



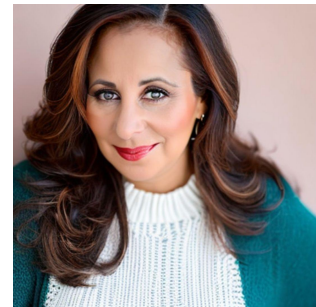
Host and Moderator  
Andrea Spyros



Lisa Christoffel



Beth Tabak



Julie  
DeLucca-Collins



## You will:

- Learn the Tiny Habits Method
- Learn successful Tiny Habit recipes
- Feel more empowered
- Have access to more resources and support



## Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Lisa Christoffel

Tiny Habits Certified Coach

## Lisa's 3 Tiny Habit Recipes

1

**After I** complete a task, **I will** celebrate.

2

**After I** say, “No,” to a commitment, **I will** smile and thank myself.

3

**After I** am asked to do something new, **I will** pause and take 4-7-8 breathing before I answer.



Beth Tabak

Tiny Habits Certified Coach

## Beth's 3 Tiny Habit Recipes

1

**After I** notice fatigue, **I will** say, “It’s time to refuel,” and unplug.

2

**After I** recognize a symptom of burnout, **I will** open my schedule to add rejuvenation time.

3

**After I** start my coffee/tea, **I will** fill my water bottle to take to work.



Julie DeLucca-Collins

Tiny Habits Certified Coach

## Julie's 3 Tiny Habit Recipes

1

**After I** press leave on a Zoom meeting , **I will** stand up and stretch.

2

**After I** put my feet on the floor in the morning, **I will** think of one thing I am grateful for.

3

**After I** review my weekly calendar, **I will** delegate one task.

## Six Ways to Celebrate:

1

Physical Movements

4

Sound Effects

2

Verbal Statements

5

Visualizations

3

Songs

6

Purpose-Focused  
Celebrations





## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach