



## **Succeeding Without Burning Our Wings: A few minutes to understand burnout**

*Annie Martinez*

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# Succeeding Without Burning Our Wings: A few minutes to understand burnout

Annie Martinez

**Succeeding Without Burning Our Wings: A few minutes to understand burnout** Annie Martinez

Exactly when does the company's rising star become its undertow? Have your own hours logged in the office devolved from being inspired to being a bit disheartening? Are your team members on board with your projects? Every entrepreneurial, ambitious corporate soldier is vulnerable to corporate burnout, the insidious mindset that could significantly compromise a brilliant career. And you may already be exhibiting early signs of this lethal downturn in attitude.

Now professional career coach Annie Martinez has created a quick and indispensable guide to help you identify the early warning signs of corporate burnout before it upends your hard-won professional status. *Succeeding Without Burning Our Wings: A few minutes to understand burnout* will help you move from the trap of blaming, complaining, and misjudging to embracing a crucial positive and productive outlook.

Concise and eye-opening, this actionable resource will guide you through different stages of burnout to detect it in yourself and in team members. By instructing you how to create a space of mindfulness and mutual trust, this results-driven professional tool can help ensure you realize success in your company and in your career.

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