



Sunset Farm Coaching & Well-Being Centre

Preventing Bank Worker Burnout

Depression and anxiety run rampant throughout the financial industry

LONDON (Reuters) - Dwindling job security, heavier workloads, regulatory upheaval and the poor public image of the banking sector are **taking a toll on the mental health of Britain's bank workers.**

The **Bank Workers Charity** recently found that 65% of employees worked up to 30 hours more per week than contracted; **42% had trouble relaxing and 60% admitted to poor quality of sleep.**

In 2011, **Lloyds Chief Executive Antonio Horta-Osorio** took two months off after **suffering sleep deprivation and exhaustion.**

Mental illness costs UK employers **£26bn** a year. **Banking roles are 44% more likely to result in stress-related illness** than the UK average.



Don't suffer in silence

If you are among those who are suffering, possibly silently, we want to tell you about what is on offer at Sunset Farm Coaching and Well-Being Centre and how we can help you...



But firstly it is important to realise that depression is not a character flaw; it is a natural response and trauma, loss or grief combined with working in the highly stressful financial services industry can aggravate the symptoms. It takes courage and strength to seek professional help and you owe it to yourself and to the people who care most about you to keep yourself mentally and physically healthy.

People suffering from burnout typically experience the following symptoms:

- ❖ **Feeling exhausted:** No energy, disturbed sleep and flu-like symptoms.
- ❖ **Difficulty concentrating:** Zoning out and feeling dazed for hours on end.
- ❖ **Feeling irritated and frustrated:** Both with yourself and others.
- ❖ **Becoming overwhelmed:** Crowded spaces induce feelings of anxiety or panic.
- ❖ **Feeling detached:** Especially from the people and things you used to love.

The Sunset Farm Coaching & Well-Being Centre can help you!

At Sunset Farm we offer an intensive, 3-day, residential, one-on-one personal breakthrough session for city professionals, totally focused on their mental health and well-being; each session is individually designed to address the client's specific needs, using the appropriate combination of:

- ❖ Neuro-Linguistic Programming
- ❖ Creating your Future™ Techniques
- ❖ Hypnotherapy
- ❖ Equine Assisted Learning
- ❖ Reiki
- ❖ Mindfulness/Physical activities

NLP and Creating your Future™ Techniques teach you a wide range of different techniques to help you manage and ultimately change your behaviour in order to have a positive impact on your life. The benefits are many and varied, including an increase in confidence and happiness levels, better communication skills and gaining greater control over your thinking.

Hypnotherapy is when a client is guided to enter a natural trance where they will be more susceptible to useful suggestions. All hypnosis is self-hypnosis and the client remains conscious and in control of the process at all times. The hypnosis practitioner can, for example, suggest rest and relaxation to the stressed client, or improved confidence and increased energy levels of a client with burnout symptoms.

Equine Assisted Learning is a great way to get in touch with emotions. Horses are very sensitive animals and will react to emotions even when you do not realize you are exhibiting them. Using the horse's reactions to identifying your emotions is one of the first steps in understanding and dealing with them. EAL involves safe situations in which to recognize your fears, confront them and realize how quickly you can overcome them; increasing your confidence to face challenging situations in your working and personal life.

Reiki is a stress-reduction and relaxation technique that promotes well-being. Reiki stimulates the parasympathetic nervous system and allows time for the mind and body to reset and heal. During treatment clients typically fall into a state of deep relaxation and afterwards they feel renewed and restored to a balanced state.

Mindfulness reconnects our bodies and the sensations they experience; it means waking up to the sights, sounds, smells and tastes of the present moment. Accomplishing **physical activities** reduces the amount and severity of stress and anxiety the client feels by requiring them to focus on what they are doing and tune-out everything else.

About Us

Based at Sunset Farm Coaching & Well-Being Centre, Claire and Mike Burrow are professional NLP Master Coaches and Master Practitioners of Hypnosis with a passion for helping people achieve their goals and dreams, build confidence, develop self-esteem and find greater happiness in their lives. They will help guide you through your challenges in the most positive manner and help you change the way you think and feel about life. Claire and Mike are also directors and facilitators at Inspired Equine Assisted Learning CIC, a Community Interest Company, also based at Sunset Farm, that offers everyone the opportunity to experience how horses can enhance their well-being.

Claire is also a Reiki Master and Teacher. She has a BSc in Equine Science and was a winner of the A.B.R.S. Jeffress Scholarship, which enabled her to train with some of the UK's top classical riders/trainers. She has previously worked for Linkage College, which caters for young adults with learning difficulties and she also holds a Riding For The Disabled teaching qualification.

Previously, from the 1980s Mike was an IT Consultant and Trainer. He worked at numerous blue-chip organisations, including Orange, Bupa, Unilever, Heathrow Airport and Royal Mail as well as several small start-ups. During this time he experienced an evolution in company culture and witnessed numerous employee well-being issues and initiatives.

Booking and Contact Information

To contact us to book a personal breakthrough session at Sunset Farm or for more information, please email / call: mike.burrow@sunsetsql.com / 07729 909186 and see our websites: sunsetsql.com and inspired-eal.co.uk.