



Sarah MORSE

THE COURAGEOUS PEOPLE REVIVER

CULTIVATING A CULTURE OF COURAGE TO REVIVE YOUR WORKFORCE.

REVIVE SURVIVE THRIVE

Has your workplace culture deteriorated?

Are people around you feeling helpless, confused and restless?

Have you noticed a decrease in motivation and work satisfaction?

These could be the symptoms of burnout and reverse culture shock.

The pandemic has changed all of us in some way. Many people are unable to put their finger on it, but know they feel different. While some are burnt out, others are struggling to return to life after lockdown.

Burnout is a result of excessive and prolonged emotional, physical and mental stress or uncertainty. It can happen when you're overwhelmed, emotionally drained, and unable to keep up with life's relentless demands.

Reverse culture shock is when the return to the familiar feels unexpectedly foreign.

Sarah Morse demonstrates how to identify burnout and reverse culture shock, and provides strategies on how you can overcome it by cultivating a culture of COURAGE.

She will help your people **revive, survive and thrive.**

UNIQUE APPROACH

It's like CPR for your team.

Sarah Morse knows people. Twenty years of global experience as a cancer nurse, humanitarian and the director of a social enterprise, have given Sarah a deep understanding of nursing the human spirit.

A former (NSW) Young Australian of the Year, Sarah brings a unique and deeply human perspective to the way we think, work and behave.

With personal experience of both burnout and reverse culture shock, Sarah believes that creating a culture of COURAGE and empowering people to thrive is pivotal to a healthy workforce.

Through the use of humour and masterful storytelling, Sarah delivers a captivating message that is relevant for every person grappling with a changing workplace.

Her stories from around the globe and her people-centred perspective will inspire you and empower your people to thrive again.

RAVE REVIEWS

"Made me think differently"

- **Experience Manager, Deloitte.**

"Her message is global, and is something you need to hear".

- **Director, Winston Group**

"A true humanitarian and incredibly inspiring."

- **Host, The Conscious Business Podcast**

"A wonderful charismatic teacher with a person-centred approach."

- **Clinical Nurse Specialist**

"Sarah gave an amazing presentation at our virtual conference. She was very professional and inspirational and delivered exactly what was required."

- **Member Services Manager, Unimutual**

"SARAH HAS THE ABILITY TO INSPIRE ACTION AND PROVIDE THE PRACTICAL TOOLS THAT LEAD TO CHANGE AND POSITIVE COMMERCIAL OUTCOMES."

- **Author and Consultant**

BOOK SARAH:

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