

## PIR Coaching Cohort on Burnout



Led by Sean Nemecek

Author of *Better After Broken: Hope for Burned-Out Leaders* (Zondervan Reflective, 2023).

Hi, I'm Sean Nemecek, a ministry coach and burnout recovery specialist. In this cohort I will lead you through understanding and identifying the likely sources of burnout and will introduce you to the skills needed to recover from or avoid burnout.

I believe that working through burnout recovery will make you a better pastor and leader. This cohort will be valuable for understanding past burnout, recovering from current burnout, or building a healthy foundation for ministry to avoid future burnout.



### 6 group sessions + 1 hour individual coaching

The group session will consist of 15 – 20 minutes of teaching followed by discussion and time for your questions.

Individual coaching sessions will be 1 hour long and take place during the cohort or up to 2 weeks after the last session. Each cohort member is responsible for scheduling their individual coaching session.

### Dates, Topics, and Times

**Each session will be held at 3:00pm Eastern Time on the 2nd & 4th Wednesday of each month.**

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| <b>March 9</b>  | <b><i>Introductions &amp; Understanding the Warning Signs of Burnout</i></b> (75 minutes) |
| <b>March 23</b> | <b><i>How Stress &amp; Rhythms Affect Burnout</i></b> (55 minutes)                        |
| <b>April 13</b> | <b><i>Anxiety, Shame, &amp; Isolation in Burnout</i></b> (55 minutes)                     |
| <b>April 20</b> | <b><i>Reconnecting with God and Self: The Beginning of Recovery</i></b> (55 minutes)      |
| <b>May 11</b>   | <b><i>Tools for Health, Security, and Freedom</i></b> (55 minutes)                        |
| <b>May 25</b>   | <b><i>Better than Before: Transformation Through Burnout</i></b> (55 minutes)             |

### Registration

**The total cost for the cohort is \$300 and must be paid by February 23, 2022.** To register and make your payment use the link: [Coaching Cohort payment](#)

### Guidelines

- Missed sessions cannot be made up, but each session may be recorded (to be determined by cohort).
- Payments are non-refundable (exceptions may be made by the cohort coach for extenuating circumstances).
- Adjustments to the schedule may be made by the cohort coach as necessary. The coach will attempt to accommodate the schedules of the cohort members if possible.
- Each cohort member will be asked to provide an evaluation at the end of the cohort.

**Questions? Contact Sean Nemecek at [snemecek@pirministries.org](mailto:snemecek@pirministries.org)**