

Training/ Workshop Experience

Don't Burn Your Cake® Training & Workshop

High Performance Without Self-Destruction

This structured, skills-based training moves participants beyond awareness into application. Rather than focusing solely on motivation or self-care, the training equips participants with practical tools to recognize burnout early, reset habits, strengthen boundaries, and build a personalized sustainability plan.

This is not therapy and not a motivational speech. It is a guided, engaging training designed to support sustainable performance at both the individual and organizational levels.

Training Outcomes

Participants will learn to:

- Identify early warning signs of burnout
- Reframe burnout as a signal rather than a flaw
- Understand how pressure, timing, and systems impact performance
- Apply the CAKE Method to reset with purpose
- Create a personalized reset plan
- Recognize the role of organizational culture in burnout and resilience
- Commit to realistic changes that support long-term performance

Ideal Audiences

- Healthcare and helping professionals
- Social work and human service organizations
- Universities and professional programs
- High-performing teams and leaders