



Bianca Topham

BURNOUT & WELLNESS COACH



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MY STORY

I had a dream job as a freelance photo editor in the UK's best women's glossy magazines, I lived in the buzzy city of London and drank cocktails at the best parties... I ticked all the boxes and had a glittering life, but at 30 my life collapsed around me.

After years of blurred work life balance, high levels of stress, pushing myself too hard, people pleasing, overthinking and destructive behaviour, my mind, body and spirit, couldn't cope anymore. I had ignored all the warning signs and completely burnt out.

I tried for a year to keep up my fast paced rhythm, stretching myself too much, thinking my habits were 'OK for now' and that I was 'healthy' and trying to do it all alone but I became more confused and just sank deeper into burnout and failing health. I was overwhelmed, lonely and felt like a failure. I desperately wanted a quick fix to get back to how things were, but I just didn't have any answers as to how to bring back my motivation, health and physical and emotional energy.

I finally accepted that I needed to make big changes in my life, inside and out. So I started by moving to Spain to be closer to my family. I started to focus my energy on the best choices for my well-being; my health became number 1 in my decision making. It was a slow journey, but I began building the blocks of my solid new life, health and mindset. It certainly would've been easier and quicker if I had had help from a coach to help me with my anxiety, my focus, my bad habits, where I put my energy and my work life balance. Since then, I met my husband, had my little boy and live in Seville.

So I know how you feel and I'm here to tell you, that you can beat burnout or your unhealthy stress levels, you can step into your confidence and decision making, you can feel motivated about life and your purpose again and you can live a refreshed, energised, healthy, joyful and powerful life that you so deserve...and this workbook will help you to take those first steps. I'm over the moon to be here with you.x



Working
with
Bianca



COACHING

Coaching is like working alongside a thinking partner to discover what's been getting in the way and for then to be able to design a new way forward with a powerful vision of your health and overall well-being.

This can involve both outer and inner work which will allow for some powerful and transformational life changes. You'll be in a space where you can discover any new paths, new passions in life and any new choices you'd like to explore.

You'll realize what things you're willing to commit to, what's truly important to you and what's been draining your precious energy. All of this happens within a creative, supportive, safe space free from judgement.

Quick fixes aren't sustainable but by creating a plan with action steps, accountability and growth from the journey, you'll bring more awareness, resilience, healthier habits and confidence to then maximize your personal and professional potential.





Client Testimonials

"I'm not sure a testimonial can quite do Bianca's work justice. Over our months together she enabled me to completely transform my life & more importantly how I felt about where I am in the world. She created & held a safe space in which I could explore my emotions & experiences in a proactive way but also with self compassion & kindness. Since working with Bianca I am more confident in my choices & feelings, I've learnt to trust myself again & rediscovered my sense of self, this wouldn't have been possible without Bianca's guidance. I'm so thankful for our time together & anyone on the fence about working with Bianca should definitely seize the opportunity!" Lucy

" I hoped to get some perspective on the direction I needed to take in my life & my expectations were absolutely met, as coaching with Bianca gave me real clarity on what is important in my life & therefore where my priorities lie. Bianca really helped me navigate through some big life decisions, she really listened to my story & gave me tools that will help me in all life decisions going forward." Rob

"My experience with Bianca was so beneficial & insightful. I really appreciated how effective she was at listening to my experiences & needs, she really gets to the core of issues. My perspective has completely shifted since my time with Bianca, most notably the adjustment in seeing the future as a completely uncontrollable variable to something that I have an input in defining how I respond to it. I'd definitely recommend Bianca to all professionals struggling with a work-life imbalance!" Jordan

"It's been a wonderfully, emotional, revealing, easy, enjoyable and very eye opening journey. I've learnt to stop and think more and I now look for the good, not focus on the bad and I have gained a new and profound sense of self. Also having goals has helped me realize what things I was willing to commit to and what I wasn't, that made me realize what was truly important to me." Sarah

"Bianca was able to very quickly sift through my busy thoughts and focus on the core questions which I needed to ask myself. I found coaching enlightening, encouraging and was ready to start thinking about my path forward. I now feel more positive about the future!" Isabella





For You...

COMPLIMENTARY COACHING SESSION

Here is an exclusive invitation for a 45 minute Complimentary Coaching Session with myself.

Here you'll be able to discuss what's on your mind, what your struggles are, & what's been getting in the way for you. We'll then plan a new way forward by creating a vision/goal for your health, overall well-being within a positive future.

So if you are ready to feel confident in your decisions, motivated for life, energized, fulfilled & wanting to start an exciting new journey for a healthier & happier future, then now is the time to start.

This is my gift to you, to help you on this powerful & transformational journey. I have limited spaces within my week so click the link below today & let's get you started today.

https://calendly.com/biancatopham/complimentary_call



Burnout Checklist

So what is Burnout? It's a physical, emotional or mental collapse/exhaustion/fatigue caused by overwork, emotionally demanding situations or chronic stress.

How is it different from stress? Stress is often short term and can be linked to a specific situation. However, Burnout can creep in slowly, can cause substantial damage and be difficult to come out of.

So if you're worried you're heading to burnout or may already be there, try this Checklist. It'll help bring more awareness to how far down the burnout path you may be. Once completely, if you feel you're at risk of burnout, get in contact asap and we'll identify and discuss what steps you need to take. The first step is to bring awareness and then, take action. You're not in an impossible situation and you're not alone, but it's time to take action now.

PERSONAL

- Limited support network,
- Perfectionism,
- Very ambitious or driven,
- Feelings of not enough/too empty to care,
- Changes in your behaviour like anger or irritability,
- Serious procrastination,
- Demotivated, cynicism,
- Doubting yourself, detachment & negativity,
- No time or energy to spend with friends or family,
- Struggle to relax & disconnect,
- Difficulty concentrating,
- Lack of creativity,

WORK-RELATED

- Reduced performance and productivity,
- A large workload,
- Little reward,
- Lack of control,
- Experiencing difficult behaviour,
- Dysfunctional team or environment,
- Overqualified, feeling stagnant,
- Your personal values feel suppressed,

HEALTH

- Unexplained health problems: headaches, fatigue, nausea, lack of libido,
- Lower Immune system, more colds,
- Complete exhaustion,
- Lack of energy,
- Lack of routine or self-care prioritization,
- Low mood/anxiety,
- Poor self-care such as diet, sleep and exercise,

Boundary Prompts

Boundaries is setting space between yourself and another person or situation. This can be saying 'no' to things that don't align with your values and 'yes' to what's important to you to protect your energy, self-care and love for yourself. Clearly defined boundaries will allow for more self love from others and to yourself.

It's vital to set our self worth, our autonomy and our self-esteem to be able to live a happy and confident life. So define what you want first, then you'll be able to communicate it clearly to others .

1. Where or with whom do you need to implement boundaries?
2. Are your boundaries changing to fit others' needs?
3. Are there certain people you struggle to set boundaries with?
4. I struggle to set boundaries with them because...
5. "If I say yes to that, what will I be saying no to?"
6. Then, "If I say no, what will I be saying yes to?"
7. Do you need to set boundaries with yourself? In what areas of your life? (Look at the Wellness Wheel attached for help.)
8. Do you feel you're a people pleaser? Is it a healthy situation for you?
9. What is the biggest thing that stops you from setting and maintaining your boundaries?
10. What 3 boundaries could you set to ensure your needs are met?
11. What boundaries can you set to express self-love?
12. What needs to happen for you to give yourself permission to accept and implement these boundaries?

Boundary Chart

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Where?	Emotional	Physical	Work-Life Balance	Relationships others/self	Time/Energy
I struggle to set boundaries with them because...					
If I say yes to that, I'll be saying no to...					
If I say no to that, I'll be saying yes to...					
3 boundaries I will set to ensure my needs are met are..					
If I don't keep this boundary I'll feel...					
When I do keep this boundary I'll feel...					

Journal Prompts

- How did your day go?
- How could it have gone better?
- What's 1/3 things you can celebrate about your day?
- What's 1 thing you did well today that you could implement tomorrow?
- What do you need help with this week? How will you find that help?
- If next week went completely as planned, what would you get finished?
- What did you struggle with today/last week and how did you overcome it?
- Have you had any aha moments recently? What can you do with that?
- How is your work-life balance at the moment? What can you do with that?
- How is your self-care prioritization at the moment? What can you do with that?
- Affirmation for the rest of the week....

Emotion Prompts

- Contentment is....
- I feel happy when...
- I feel passionate about...
- I feel most at peace when...
- I noticed I'm calm when...
- Something I'm enjoying about my days at the moment...
- To me self-care is...
- When I practice self-care I feel...
- I'd like to do more....
- Next year, I want to....
- Next year, I want to feel more...
- I made a positive impact in my life or others when I...
- I felt proud/a sense of achievement when I...
- My positive character traits are...
- My future self will be grateful that...
- One thing I'll look back on at my life and be pleased about is....

Take Action!

Use this to help move you closer to a goal or habit change. Use as many as you can of the options given and in any order. Do what feel good and what is aligned to you. We want to move you forwards! Then you'll be able to look back at what didn't work and you can reflect on why and how to change it.

WHAT IS YOUR GOAL OR ACTION?

I want to _____

NOW WHICH OF THE FOLLOWING COULD YOU:

STOP doing:	Do LESS of:	KEEP doing:	Do MORE of:	START doing:

Urgent Important Matrix

If you're struggling with time management and feeling like your to-do-list is out of control, then take charge of your day and try this Urgent Important Matrix. It's an effective tool for prioritizing your tasks depending on it's level of importance.

	URGENT:	NOT URGENT:
IMPORTANT:		
NOT IMPORTANT:		

Do, Delay, Delegate, Ditch

Another effective tool is the 4 D's of time management: Do, Delay, Delegate, and Ditch. Here we want to reorganise things to find more space for yourself.

Do = Smaller tasks that are quick to accomplish so you can build momentum for larger/other projects (i.e. emails, calls).

Delay = Put these tasks on pause, they can be done when you have more time (i.e. a new project/developing ideas).

Delegate = Pass this task on to another (i.e. something that you struggle to do/not your expertise, pass it to someone more appropriate).

Ditch = Take it off the list for now. It's unnecessary/too time consuming (i.e. meetings where you're not really needed, tasks that should be by another role).

1. DO:	3. DELEGATE
2. DELAY:	4. DITCH

Wellness Wheel

INSTRUCTIONS

The eight different sections of the wellness wheel all represent your life and a snapshot of how you are currently feeling.

Number each category depending on how you feel about each particular segment. Numbers 0 would signify that you're not satisfied, possibly struggling or unfulfilled, 10 would signify that you're very satisfied.

Try to do this instinctively. Once you're done, you'll be able to see which areas need improvement and which ones you're happy with.



Which areas do you feel you need to focus on right now?

If this area was fulfilled in 6 months, what would it look like & how would it feel?

What's been stopping you from getting there?

What's 1 step you could take toward achieving your goal today/this week?

What makes you happy and inspires you?

What are your values in life?

What's 1 small thing you could do for yourself today?





Coaching Programmes

BACK TO BALANCE SIGNATURE COACHING PROGRAM

If you're struggling with your energy & health, overthinking, have a lack of self care prioritisation, always put your needs last, are overly stressed or burning out, wanting to rebuild a more balanced & sustainable path, then here is your chance for change.

In this flexible 5 month coaching programme you'll be able to build long-term, bigger picture strategies, learn how to live mindfully, better manage your energy levels & time management skills, build on your self esteem, strengthen your positive inner voice, feel proud of your growth, create healthier more sustainable habits & learn to be kinder to yourself.

We'll discover what drives you, you'll understand your struggles, feel more energized & refreshed, feed your soul, become braver to adapt & braver in your decision making, have much more clarity & become the powerful person you truly are.

WHAT IT INVOLVES

- 6x 1:1 video coaching sessions of 60/90 minutes each in approx 5 months.
- 3x 'accountability/booster' phone calls of 30 minutes each.
- Unique homework after every session for even more personal growth.
- The design of a unique & powerful life goal with new tangible actions created in every session.





Coaching Programmes

ENERGY REBUMP COACHING PROGRAM

Here we dive deeply into core issues, challenges & struggles as we work with identifying your strengths, values and desires.

With powerful & bold sessions, in a more compact time frame, this is for faster action takers who have the time & are dedicated to rebuilding & making the changes needed to their habits, lifestyle & future.

You'll gain plenty of clarity, learn to be much more mindful, get on the right track for you & quickly learn what is & isn't serving you in life.

WHAT IT INVOLVES

- 3x 1:1 video coaching sessions of 90 minutes each in approx 2/3 months.
- Unique homework after every session for even more personal growth.
- The design of a unique & powerful life goal with new tangible actions created in every session.





Coaching Programmes

90 MINUTE INTENSIVE SESSION £149

In this intensive session we'll dive deeply into the areas of your life that you know need working on or that you're struggling with.

You're aware that boundaries need to be put in place, goals need to be set, a clearer direction needs to be formed but you're possibly procrastinating, have limited beliefs, lack of motivation or confidence or are feeling overwhelmed & stuck.

So if you're after faster action, instant clarity & bolder changes, then this session is a big step in a forward focused direction.

It's also a great way to understand what coaching truly is, its power, how it can change your life & what it'll be like working with myself as your coach.

WHAT IT INVOLVES

- 1x video coaching session of 90 minutes.
- Unique homework for even more personal growth.
- The design of a unique & powerful life goal with tangible actions to work on further.





If you've booked in a Complimentary Coaching Session, then please prepare the following....

LINKS & DOCUMENTS

[Consent Form](#)

[Wheel of Life](#)

[Wellness Wheel](#)

[ICF Code of Ethics](#)

