

# TAKE A **FIREBREAK** WITH TALK IT OUT

Think burnout isn't affecting your team, think again!

77% of employees suffered from burnout last year, experiencing daily disengagement, plummeting productivity and low mental well-being!

## HOW DOES THE FIREBREAK HELP?

Just 10 minutes of using Talk It Out on a Friday afternoon is proven to help people process their week and clear their head of the busyness that can cause burnout. They can then re-charge over the weekend and come back to work on Monday with improved mental well-being, renewed energy, and a laser-like focus on how to use their talents best. The impact is huge...

## WHAT DO YOU GET IN A FIREBREAK TRIAL?

- A 1-hour live webinar with renowned keynote speaker and Talk It Out Founder, Chris Baréz-Brown, to get your people excited about the experiment and engaged with how it works.
- Access to a light-touch, well-being tool for your team in the Talk It Out app, with people needing to commit just 10 minutes a week, for 4 weeks.
- Access to our live, weekly inspiration drop-ins, to help people know what to Talk It Out about.
- Pre- and post-survey to measure the impact created for your team.
- Post trial wrap-up session to land learnings and discuss next steps.



PEOPLE IDENTIFIED AS HAVING  
LOW WELL-BEING, FELL BY

# 94%

AFTER JUST 4 GOES!



GET IN TOUCH AND SET-UP A TRIAL TODAY



TALK IT OUT