

te hūmeka PRESENTS

You're not 'Just Tired' - You Might be **BURNT OUT**

This is your wake-up call. And not the 'hit snooze' kind.

Join mindset set coach and straight talker **Kim Hill** for a *10-minute mindset reset* to get your head back in the game because success starts between the ears.

Then we hand the mic to **Dr. Nina**, a Medical Doctor, NZDF GP, Les Mills instructor, and burnout expert. She's been where you are: overwhelmed, overworked, and quietly coming undone. Now she helps high-performing people like you spot the signs before it hits full force.



This session is for the achievers, the over-functioners, the ones who say "I'm sweet" while quietly burning out at the edges. **Dr. Nina** will break down:

- What burnout *really* looks like (hint: it's not always obvious)
- Why it hides in high-performers
- Her original IP – The **Burnout Recovery Disconnect**
- The **Vital Signs Assessment** – a practical, game-changing tool combining Te Whare Tapa Whā, clinical frameworks and coaching insight

Whether you're leading, hustling, juggling or *just hanging on*, this is your breath. Your pause. Your reset.

Don't wait until you break. Show up for yourself!

GUEST SPEAKER

THE
antiburnout
DOCTOR

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McCaw Lewis
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 **POUTAMA**

 **vazeychild**

Stratigi
kimhill

Date: 20 August 2025

Time: 5 pm - 7.30 pm

Where: McCaw Lewis

RSVP: by Friday 15 August 2025 to

events@tehumaka.co.nz

or ring Kim on **0212438546**