

1st Email(soft sell)

Subject Line: The **easiest** way to treat burnout before work becomes a dreaded chore...

Maybe work has already become monotonous labor...

As you're stuck trying to solve problems with peers and supervisors who blame you for every complication the first chance they get, even if you're not a part of it at all!

This constant pressure of trying your best to prove your worth is never recognized or even respected no matter the efforts you've put in.

And on top of all the unfinished tasks and excessive workload that pile up on your desk, you have to face a crummy manager that constantly does his best to throw you over the edge and treat you like a worthless nobody...

At the tip of the iceberg, when weekends are your only hope for some quick relaxation...

You're met with intrusive thoughts about certain deadlines that don't allow you to appreciate even a cup of coffee without worrying about what Monday will throw at you.

Making you work even more on weekends 😞

But it's not just about getting off early and not having to think about work on days off...

Or about receiving an occasional forced "Thank you" 😞

It's about being **appreciated** and **recognized** for all the sweat and tears you've poured into this job. 😞

It's about feeling **useful**, by receiving genuine compliments from your supervisors and manager!

It's about maintaining a **calming** and **supportive** atmosphere in the workplace.

It's about establishing **boundaries** 🧱

It's about being **heard!**

It's about time the burnout **vanished**, for good! 😊

Are you going to let work take control of your life <insert first name>?

<https://www.acheloawellness.com/work-with-lauren>

-Lauren