

RESEARCH INTO BURNOUT -ONLINE SURVEY

PART OF A MASTERS DEGREE IN COUNSELLING & COACHING

Hello, I'm currently a masters student in Integrative Counselling and Coaching at the University of East London.

As part of my research I'm carrying out a study to explore how counselling and coaching interventions can help church leaders manage and prevent burnout. As part of this study, I'm inviting church leaders to participate in a short, anonymous online survey.

If you are a church leader (e.g., pastor, minister, priest, worship leader, youth worker or volunteer with at least 10 hours per week in a leadership role), we would love to hear from you. Whether you've experienced burnout or not, your insights can help improve support systems for ministry leaders.

Why Participate?

- Help make a difference: It's estimated that church leaders experience higher levels of burnout compared to other helping professionals. Your feedback will contribute to research that can improve mental health support for church leaders.
- It's quick and easy: The survey takes about 10-15 minutes to complete.
- Your responses are anonymous: We respect your privacy, and no personal information will be collected.

Interested?

Click the link below to access the survey and learn more.

<https://forms.gle/KEQhJeT2kFf5sy857>

For more information or questions, please contact Jennifer Buchan at u2267044@uel.ac.uk.

If you have others in your network you could forward this onto I'd be so grateful - the more people involved a better picture we can paint. Thank you.

Jennifer Buchan.