



**From Overwhelmed to Empowered**  
**Free webinar**  
**Expert and Speaker:**  
**Lucia Klestincova**



# From Overwhelmed to Empowered: Find Purpose, Avoid Burnout, Build leadership

Event by Advisory & Mentoring Pte Ltd



100% WFS?

## 📢 FULL TITLE 📢

From Overwhelmed to Empowered: Navigating Purpose, Femininity and Burnout as a Leader in the Workplace (📺 recording will be sent if you cannot attend 📺 )

The workplace paradigm that we were raised and trained to nurture is broken. It is made by men for men. It burns us all out. It kills our authenticity. It imprisons us in our heads, leading to a chronic state of overwhelm and wonderment, whether this is it.

It does not have to be so.

Like in any hero's journey, it only takes a courageous decision to explore the new, and a guide to help us hack our way through endless (but impermanent) barriers. Like in any heroine's journey, it also takes self-compassion for the path we've walked so far and surrender to the new future birthing ahead.

Ready to take the first step and join us?

This webinar will take you into the realms of a new culture of leadership that Lucia Klestincova is a voice for. She empowers change makers, policy creators or other social impact catalysts so that they can re-design their careers on their own terms: fueled by feminine flow instead of burnout.

Join us to dive deeper into:

- 🔪 A vision for a new success paradigm that can transform humanity through aligned power of evolving leaders
- 🔪 Understanding the balancing act of producing results in a feminine vs. masculine way
- 🔪 Burnout mythbusting - from honeymoon to a slow death of your soul
- 🔪 Takeaways for design of a career that feels like "Feminine.Flow.Fulfilled" - Lucia's method for empowering new culture leaders

# Burnout facts you need to know



## Burnout accumulates

1

Burnout is a cumulative process that builds over time. The longer it is left untreated, the more severe it becomes.



## Burnout has been around for longer than we think

2

Researchers started focusing on it in the mid-1970s. It was studied for the first time



Around  
**1 in 4**

working women feel they can't manage stress and pressure at work



**6/10**

workers in major global economies experience workplace stress



**17m**

annual sick days are lost due to work stress, depression or anxiety.



**19%**

of UK workers say their employer has no measures in place to relieve work stress.



**54%**

of employees in the tech industry work more on weekends and in the evenings than before Covid



**86%**

of finance organisations experienced an increase in demand for mental health support in 2021



**45%**

of workers in construction and engineering have taken time off due to poor mental wellbeing



The education sector had a turnover rate of  
**70%**  
in 2020-2021, showing a steep decline in mental wellbeing



**62%**  
of employees experiencing anxiety are female



Employees aged  
**25-34**  
are most prone to workplace anxiety



**43%**

of people from around 100 countries have experienced workplace burnout



At least  
**79%**

of UK employees experience burnout, and 35% report extreme levels of it



Burnout accounts for  
**8%**

of all occupational illness cases (a disease caused by exposure at work to a risk factor)



**82%**

of employees in the tech industry feel close to burnout



**50%**

of doctors in the UK are burnt out because of work-related stress



**73%**

of lawyers feel burned out, with 27% saying they experience burnout on a daily basis



**1 in 5**

employees struggle to manage pressure and stress levels at work (a leading cause of burnout)



**1/3**

say their employers expect them to work beyond reasonable working hours



**47%**

find it 'impossible' to properly disconnect from work even when on holiday or annual leave



**1 in 6**

people experience mental health problems in the workplace



**12 billion**

working days are lost every year to depression and anxiety.



Happy employees are

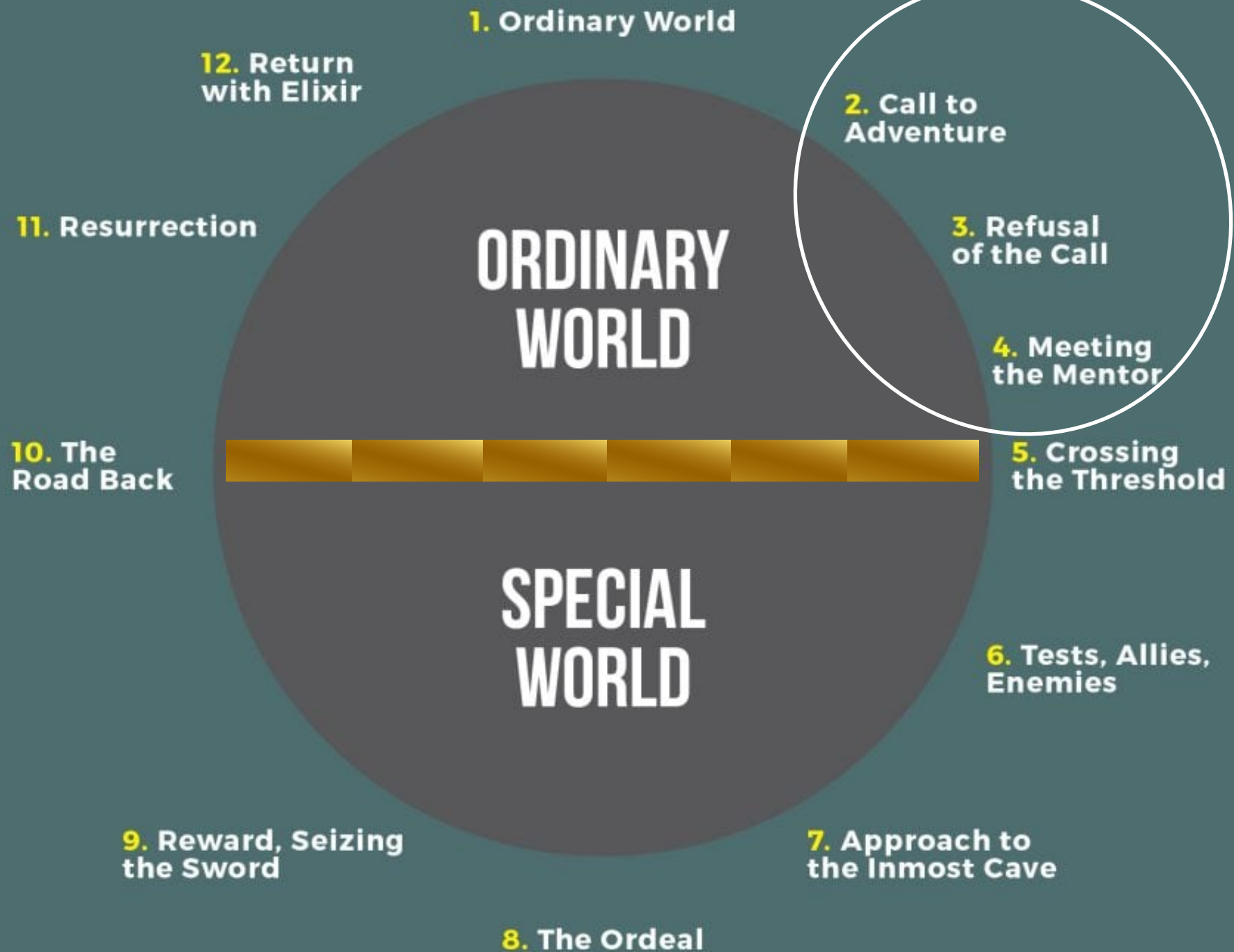
**13%**

more productive

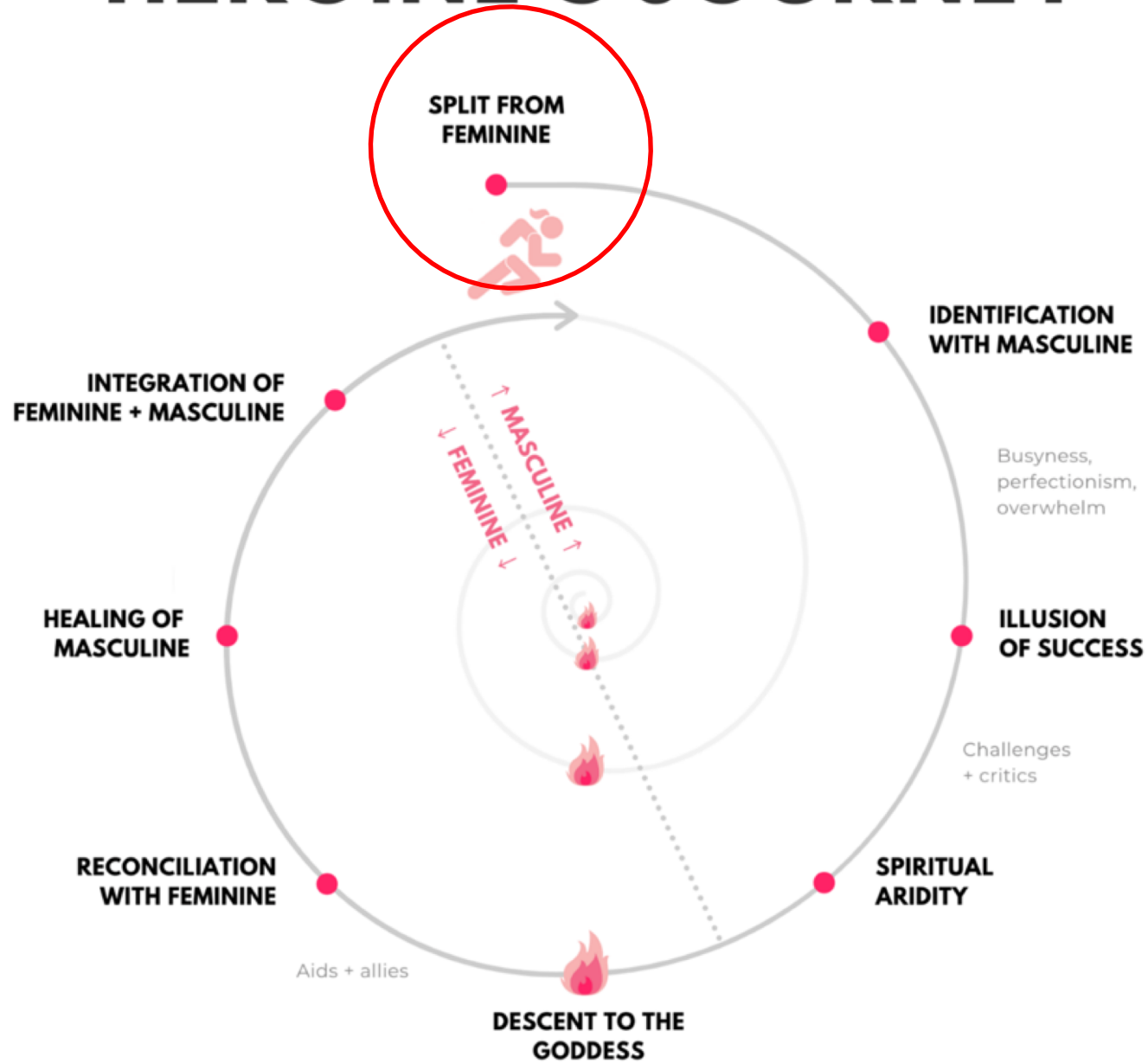


# Lucia Klestinova

- Voice of femininity as a recipe for flow & fulfilment. Speaker coach, mentor, yogi & mom. Co-president of Volt Slovakia.
- ICF & EMCC-accredited Diploma in Life, Executive & Career Coaching at Kingstown College
- MSc in International Relations; and MSc in Public Management (LSE)
- 10+ years of organisational & policy reform projects, including at corporate, national and transnational / European level
- Careers at the European Commission from e-procurement reforms through Brexit negotiations to member of Equality Task Force of Commissioner Dalli
- Personal experience of building a career in IT / software business as business analyst, public affairs consultant and CSR lead
- 7+ years of career coaching specialised in feminine leadership & burnout provided to fe/male leaders from 15+ countries
- Personal mastery of heroine's journey incl. high-level policy career, campaigning in the European elections, 100+ episodes of own podcast and Amazon bestseller on values guiding careers of new culture leaders



# HEROINE'S JOURNEY





Procrastination

Withdrawal

Cynicism, disengagement

Heightened conflict, creeping irritability

Weakened immune system

Depression

Sleep disruption & chronic fatigue

Hopelessness

High blood pressure

Anxiety

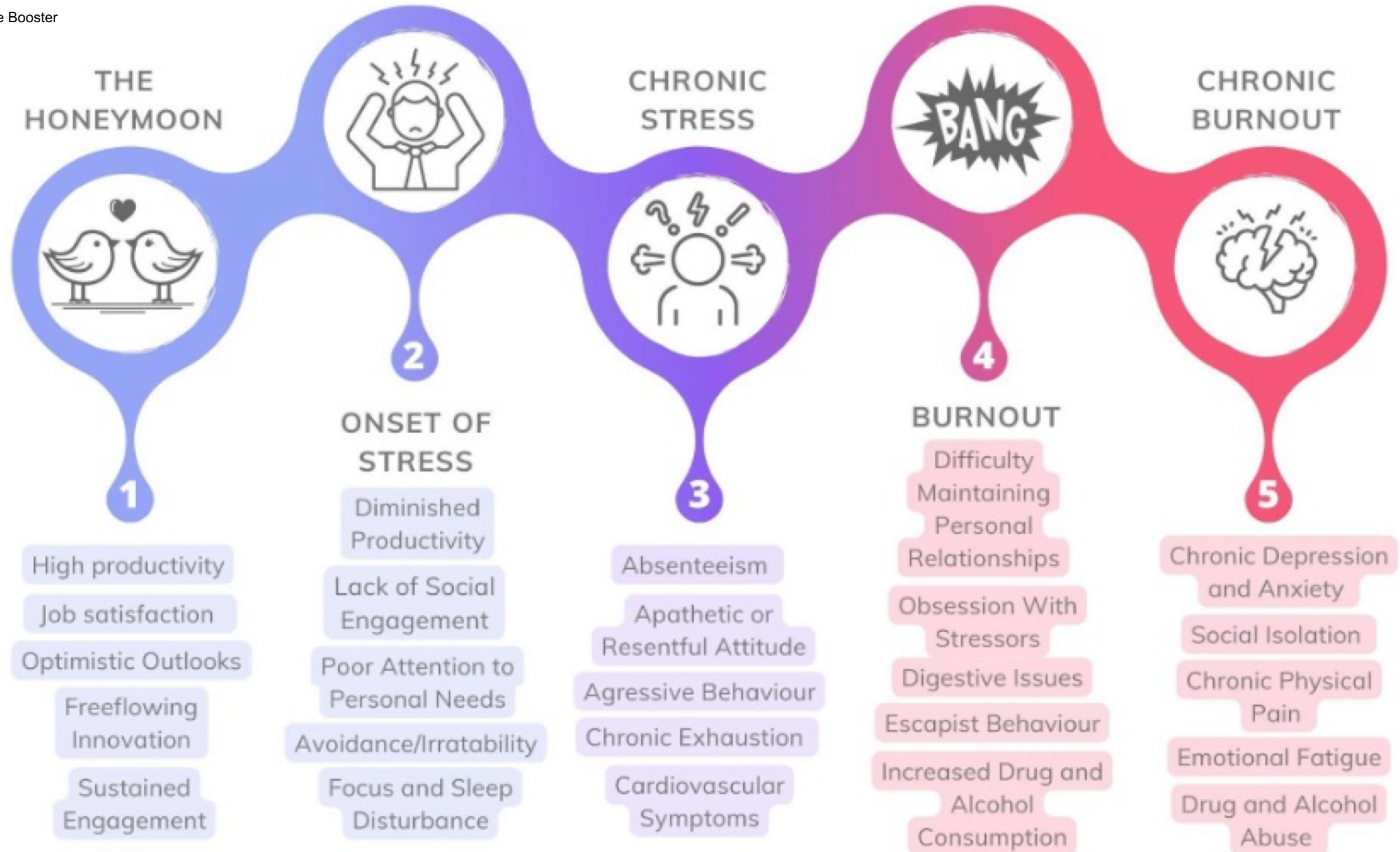
Autoimmune diseases

[add yours]

Slow death of the soul



FEMININE  
FLOW FULFILLED





# Causes



## Internal habits

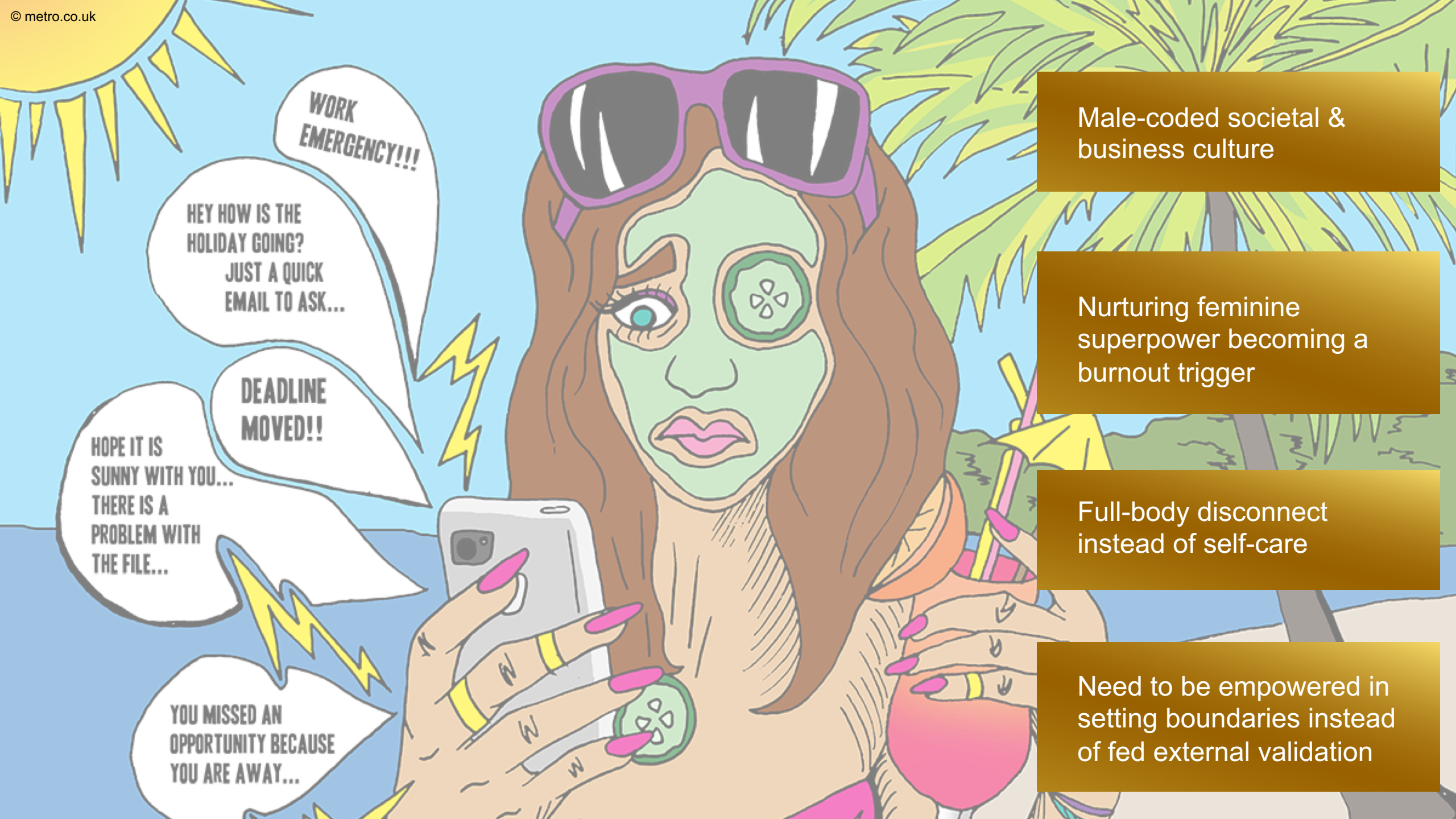
1. Low self-worth
2. Need to over-control
3. Perfectionism
4. Misplaced energy
5. Conflict avoidance
6. People-pleasing
- 7....



## External triggers

1. Workload
2. Skills mismatch
3. Team support & stressors
4. Values mismatch
5. Reward & fairness
6. Absent D&I policy
- 7....





**WORK  
EMERGENCY!!!**

**HEY HOW IS THE  
HOLIDAY GOING?  
JUST A QUICK  
EMAIL TO ASK...**

**DEADLINE  
MOVED!!**

**HOPE IT IS  
SUNNY WITH YOU...  
THERE IS A  
PROBLEM WITH  
THE FILE...**

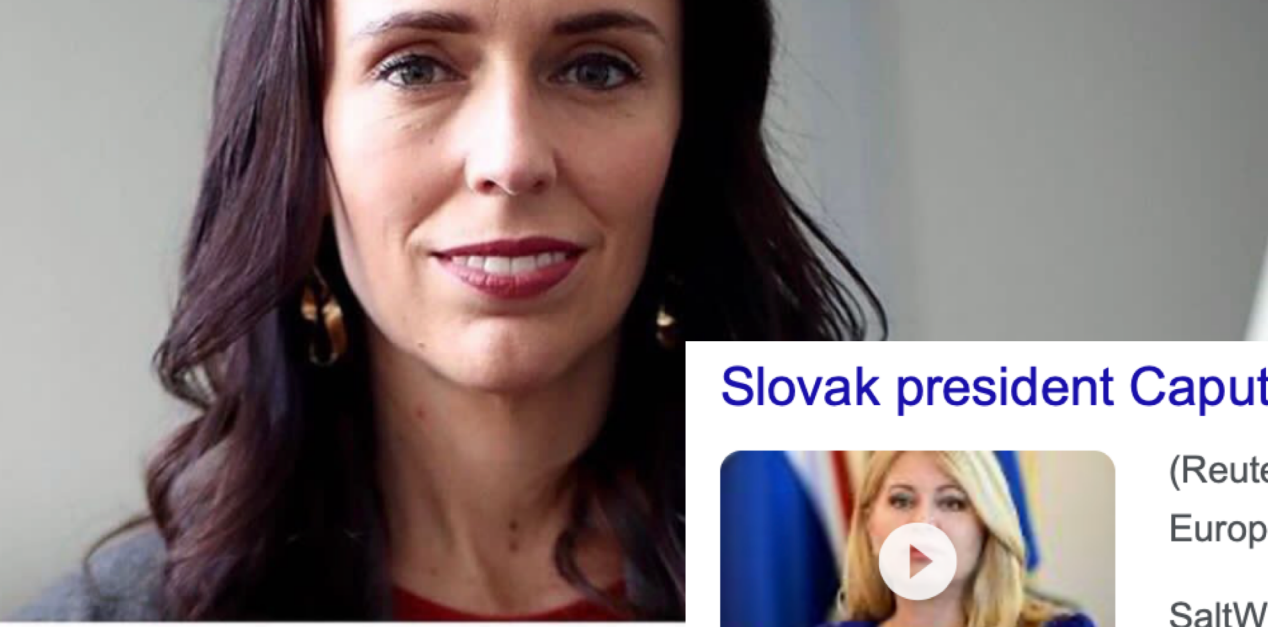
**YOU MISSED AN  
OPPORTUNITY BECAUSE  
YOU ARE AWAY...**

Male-coded societal & business culture

Nurturing feminine superpower becoming a burnout trigger

Full-body disconnect instead of self-care

Need to be empowered in setting boundaries instead of fed external validation



## Slovak president Caputova will not seek second term in ...



(Reuters) -Slovak President Zuzana **Caputova**, a liberal voice in the European Union country's polarised politics, will **not** seek reelection ...

SaltWire · Reuters Inc. · 5 days ago



**Jacinda Ardern** ✓

@jacindaardern

One of the criticisms I've faced over the years is that I'm not aggressive enough or assertive enough, or maybe somehow, because I'm empathetic, it means I'm weak. I totally rebel against that. I refuse to believe that you cannot be both compassionate and strong.



Active doing  
Directness  
Focus  
Logic  
Control

Compassion  
Patience  
Kindness  
Collaboration  
Nourishment

Impulsiveness  
Blaming  
Confrontation  
Aggression  
Violence

Manipulation  
Victimization  
Martyrdom  
Lies  
Criticism





FEMININE  
FLOW.FULFILLED

#1: feminine

RESTORE YOUR ENERGY

Heal burnout, past wounds & limiting beliefs. Create your new energy blueprint.

#2: flow

RESHAPE YOUR LEADERSHIP

Set boundaries, design new agreements and show up more powerful & aligned.

#3: fulfilled

REFOCUS YOUR PURPOSE

Uplevel your career around a new sense of joyful & sustainable meaning.



# 10 weeks to take back control of your life & skyrocket your impact !

by re-connecting to your innate wisdom, superpowers  
and energy!

Yes I want to apply

Let's speak  
first



## Feminine LeaderShip Mentoring Circle

by

*Lucia Klestincova*

feminine leadership & burnout prevention coach  
with 15+ years of experience in EU  
policy, gender equality and systems transformation

<https://www.luciaklestincova.eu/circle/>

<https://calendly.com/klestincova/20min>



# Up for a clarity session?

**Feel a new sense of power,**  
assertiveness, belonging and team spirit.

**Get better results catalysed with new superpowers**  
thanks to collaborations built on alignment, flow & excellence.

**Lead emotionally intelligent conversations**  
thanks to non-violent communication, compassionate listening, smart use of boundaries setting and the feminine and masculine dynamics.

**Walk the talk of well-being & zero tolerance to burnout triggers**  
thanks to a culture that honours diversity & constant inner work.

**Enable a new workplace culture**  
thanks to a reputation of a leader that manages energy instead of time, and grants a safe space for authentic leadership to others.

How gorgeous can you stand your (team) life to become?



Lucia Klestincova

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Website



LinkedIn



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# Speaking & facilitation credentials

