VERHEIJDEN
CONSULT

Burn-out Coaching voor Ondernemers

Studies Show CEO Burnout Is On The Rise

February 25, 2019

February 25, 2019 -
Jo Verheijden, a CEO coach from The Netherlands, recently discussed CEO burnout and the rise in this condition over the past few years. The coach states that CEO burnout is a very real problem, and that it can cause issues not only for the one experiencing it, but for those around them, as well.

?Symptoms of executive or CEO burn-out are on the rise and, unsurprisingly, they often affect staff with the most stressful jobs,? says Verheijden. ?These symptoms have a physical and mental effect and can lead to exhaustion, cynicism, a lack of enthusiasm, trouble sleeping, short-temperedness, depression.?

Verheijden states that it is unusual for a CEO, or anyone for that matter, to admit to needing time for burnout. He states that this does not mean, however, that burnout is not a big contributor to many of these symptoms. Family reasons appear to be the explanation of choice for companies that attempt to explain why a person is taking leave, and every so often it may be found that someone admits that their health is actually suffering from this condition.

The cost to companies of losing their best staff can be intense, particularly if they?re a top-performing CEO that has helped add billions to their market value. That?s why Johnson & Johnson has launched an anti-burnout program for senior executives, according to Bloomberg. The cost to companies can be in the

thousands of dollars to keep their executives from mental burnout.

Johnson & Johnson says the cost of their program is $100,000 per individual and is aimed at the most senior of staff members. Johnson & Johnson apparently tested it on seven of its own executives, though it hasn?t said what executives were involved, citing privacy reasons, according to Bloomberg.

The program involves surrounding subjects with experts including doctors, dietitians, psychologists and executive coaches. After going through a series of medical tests at the Mayo Clinic, they are monitored for the next nine months and provided with tips from experts on how to stay in peak condition.

Executive coaching is nothing new, and studies show that it appears to work. Research conducted in 2009 by academics at the University of Amsterdam, for instance, found that it had significant positive effects on performance and skills, well-being, coping and work attitudes.

The psychological and physical problems of burned-out executives and employee?s are shown to cost an estimated $125 billion to $190 billion a year in healthcare spending in the U.S. The true cost to businesses can be far greater, according to Verheijden. ?Burnout is also driven by the always-on digital workplace, too many priorities, and the expectation that employees can use their digital tools to multitask and power through their workloads,? he says. ?Multitasking turns out to be exhausting and counterproductive as they switch back and forth between tasks.?

It seems as if some companies are turning to less costing but highly effective methods of dealing with executive or CEO burnout. Verheijden says that Burnout Coaching can be very beneficial. ?In Burnout Coaching, executives learn to deal with situations differently and will quickly experience peace, time and space,? he says. ?Executives learn to You tackle the cause of their burnout and take back the management of their lives.?

Coaches like Jos Verheijden work with responsible and internationally used methodologies such as NLP, Systemic Working (Family and Organization Constellations), Solution Focusing, PLT, Time Line Therapy, Hypnotherapy, EMDR, EFT, SMD and Body Consciousness.

Verheijden says, ?Many people get into a burnout because they do not do what really suits them. It is normal for them to grow into something. That happens with everyone. Suppose one grows in a function (or position) that they do not get energy from, that is quite annoying and a reason to take action. But if they have grown in a position that costs them a lot of energy and they feel that they have to persevere, they will continue to deplete themselves. Eventually, this leads to overwork and burnout. If they have made it that far, then the first step is to step out of that position and do their own thing again.?

Verheijden says that everyone knows the human toll of burnout. Unchecked organizational norms insidiously create the conditions for burnout, but he says that leaders can change them to make burnout less likely. Those who are interested in learning more can contact Verheijden of Verheijden Consult or visit him online to see how he can help with CEO or executive burnout.

###

For more information about Verheijden Consult, contact the company here:Verheijden ConsultJos Verheijden31408446924Van, Brunschothof 38, 5671 KH Nuenen, Netherlands

Verheijden Consult

Burn-out Coaching voor Ondernemers Met mijn persoonlijke Burn-out Coaching laat je de onderliggende sturing van je burn-out los. Denk hierbij aan trauma?s, angsten, onzekerheden, overtuigingen en energie-vretende patronen.

Website: https://verheijden-consult.business.site

Phone: 31408446924

