

TOOL

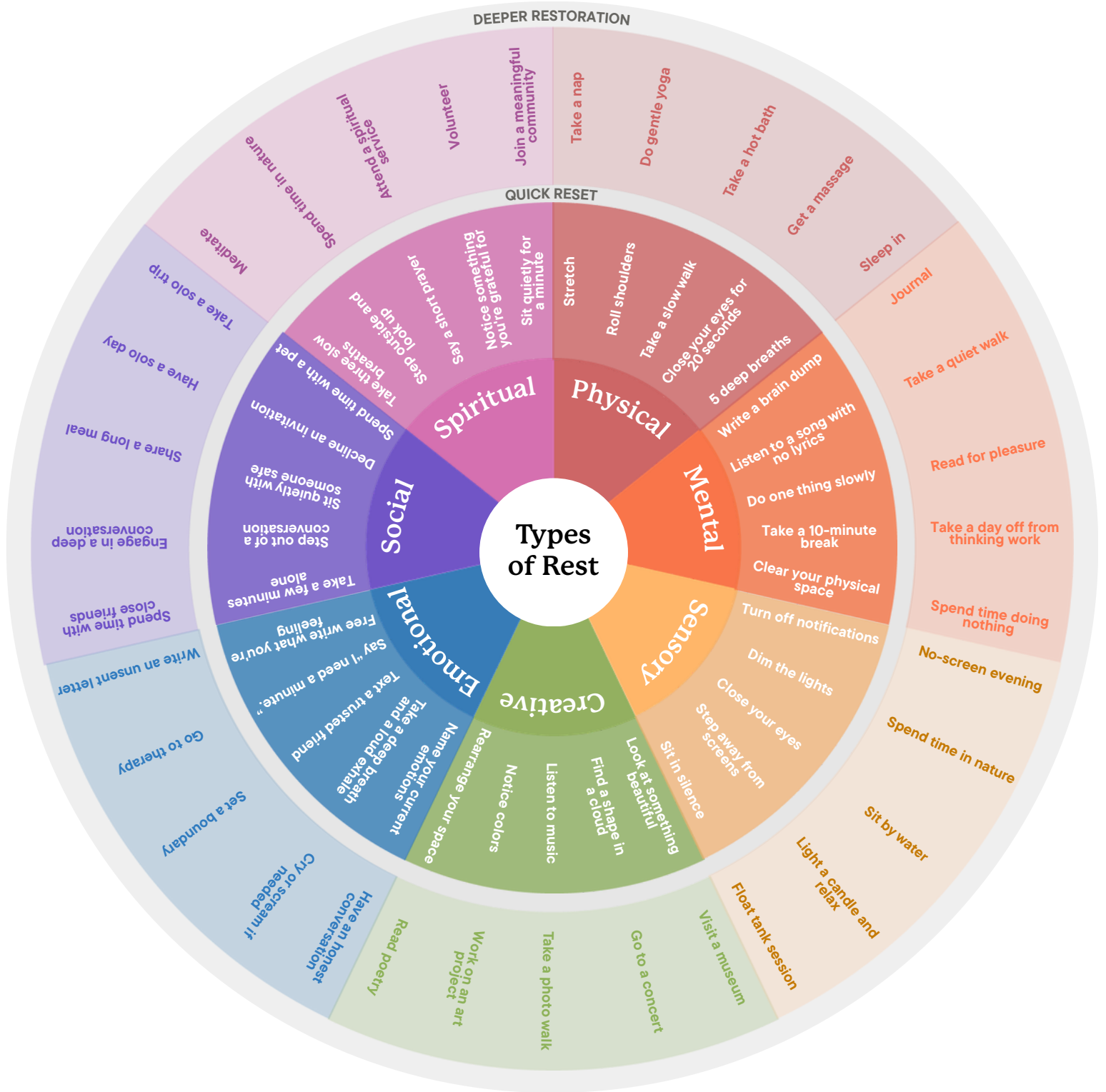
# Types of Rest

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# Types of Rest



WHAT'S NEXT

# Keep Learning with Bright Morning



## Join the [Coaching Burnout Workshop](#)

Learn how to coach through burnout—without burning yourself out.

You'll learn how to:

- Use a simple framework to support clients experiencing burnout
- Respond skillfully to overwhelm, frustration, resistance, and hopelessness
- Shift conversations from venting and stuckness to insight and empowerment



## And for an entire year of on-demand support, join our [Coach Learning Library & PLC.](#)

**Transformational Coaching at your fingertips.**

- Access proven coaching strategies exactly when you need them, 24/7.
- Develop your unique coaching style with personalized feedback and guidance.
- Eliminate isolation by joining a professional community of coaches facing similar challenges and finding success.

Curious what this could look like for your team?  
Schedule your [complimentary consultation.](#)

