

CLAIRE ROGERS

SPEAKER • COACH

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Lessons from a corporate soldier: a journey from burnout to recovery™

Have you ever felt like Superwoman or Superman, trying to do it all but secretly inside you felt overwhelmed and lost?

You are not alone. Stress has been labelled the “Health Epidemic of the 21st Century” by the World Health Organization and is estimated to cost American businesses up to \$300 billion a year. The effect of stress on our mental and physical health can have significant impacts and, in this session, Claire will describe her own journey from corporate burnout to recovery. Her story will help you to recognise and understand the signs of stress and burnout and will provide you with tangible, workable steps for building a balanced, fulfilling life.

About Claire

Claire Rogers is a coach who works with individuals who are stuck in their comfort zone and struggling to live their dream life.

She helps people to re-discover their passions and develop healthy habits and empowering beliefs to move out of their comfort zone to live happy, healthy, fulfilling lives.

Through her powerful coaching she aids her clients into realizing key insights, which in turn empowers them to initiate and implement meaningful change to bring their dreams and aspirations to fruition.

She created her company name iTopia by playing on the words “individual” and “utopia” because she ardently and passionately believes all individuals should be working towards their own version of utopia.

From the moment that Claire took to the stage, we knew that we were going to witness a first hand accounting of a traumatic event. It began with her sharing her story of surviving a face to face encounter with an angry grizzly bear to her sharing her story of surviving a terrifying experience with anxiety and depression.

Her story touched many in the room. It was raw and authentic and each word was chosen thoughtfully and carefully to acknowledge the power that anxiety and depression has on many of us. The room was still - you could have heard a pin drop.

I would not hesitate to recommend Claire to any organization who is seeking a speaker who can share such a personal experience with such a worthwhile message. Self care....is important, is necessary and we are not weak when we seek self care.

Judy Kucharuk
Special Events Manager, Encana Events Centre