There is life after burnout
and it is wicked, wild and sweet!
THE PINK REBEL REVOLUTION

Be honest: how healthy is your organisation? In a society where we are expected to always be ‘on’ and with teams under constant pressure to perform on time and on budget, it is easy for things to get on top of you. Many of us thrive on pressure, but what if the pressure becomes too much and finds no release?

It is often the key individuals in an organisation who suffer the most. Because they are the most passionate and dedicated workers, you – and they – have high expectations. When they take time out the workload is shared among the team. But what if this time out takes longer than expected? Does the stress pass on to the team, infecting them like a virus, causing one after the other to drop out?

In 2016 more than 1 in 3 employees in the Benelux reported psychosocial problems such as burnout and depression holding them back from reaching their full potential. And with a single burnout costing the company an average of €20,000, safeguarding your people from these debilitating illnesses has never been more important.

A healthy working environment is centred around balance. The Pink Rebel Revolution Consultancy conducts a full audit of your organisation and pinpoints areas for improvement. Through a combined effort between Pink Rebel coaches and the client, a personalised action plan is created that helps create and maintain balance in the workplace. Group sessions and confidential, individual talks are at the heart of what we do. Rediscovering your passion the other.
THE REAL REVOLUTION

Neither burnout nor coaching are truly revolutionary notions. It’s our approach that is. Thanks to our revolutionary psychological program called ‘the Burners Cocktail’, we are able to reintegrate workers within weeks, not months, following a burnout or depression. We don’t do lengthy and boring, instead we cut straight to the core.

We work from personal experience and have an innate passion for what we do. It’s because we take psychosocial illnesses away from the academic sphere, instead making it personal and relatable, that we can get through in ways that others cannot. By removing that sense of shame and failure right from the start, we are able to set you on the road to recovery in lightning speed.

Rediscovering the fun in life is what it’s all about. There is no shame in burning out, only in fading away. Let the Pink Rebel Revolution Consultancy help you find the rebel within and break free from the bonds of burnout and depression. Our coaches each have their own unique approach to help you find the love and lust for life that you have temporarily lost.
LIFE AFTER BURNOUT

Having hit rock bottom over and over again, Willemijn van Dommelen speaks from the heart and from experience. A high-pressure career in celebrity management took everything out of her, but she has clawed her way back to the top from the deepest of depressions. With a background in psychology, Willemijn will take you on a journey of self-discovery that promises to change the way you view the world. Love, lust and letting go feature heavily in her rebellious approach to tackling burnout.

Yes, there is life after burnout and it is wicked, wild and sweet!

Contact the Pink Rebel herself for your personal introductory meeting and start tackling burnout in the workplace today.

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