



CHIPO DIASS

Burnout Prevention & Recovery

Empower Your Healthcare Staff to Thrive
Not Just Survive



Chipo Diass is a leading burnout recovery specialist, coach, and facilitator dedicated to helping healthcare professionals rediscover passion, resilience, and purpose.

With years of experience supporting frontline workers, Chipo combines evidence-based strategies with authentic storytelling to deliver powerful, actionable workshops that transform how healthcare teams approach stress, well-being, and professional fulfillment.

Customisable Workshop to meet your organisational needs

- A. Burnout Prevention: Recognise the early signs of burnout empower and staff to take proactive action to combat burnout
- B. Science Simplified: Psychology & neuroscience of stress and recovery learning to love the job you have while fixing the system to curate the job you love
- C. Quick Wins: 2–3 minute evidence based “micro-shifts” healthcare workers can try today:

Participants are empowered to:

Create concrete, actionable steps that generate momentum for long-term recovery.



Book Me!

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Workshop Benefits

- A. Tailored workshops that improve staff retention and engagement.
- B. A measurable reduction in burnout and improved productivity.
- C. A culture of wellness that improves patient outcomes.





CHIPO DIASS

Burnout Recovery Specialist

PURPOSE BEYOND BURNOUT

The **Costs** of **Burnout** include Staff Turnover low productivity, reduced patient safety. Staff well-being is directly tied to patient outcomes and financial sustainability.

That's why the Quadruple Aim was born to finally acknowledge that healthcare can't succeed if caregivers are suffering. When we prioritise staff well-being alongside patient outcomes, we begin to heal the culture and build a thriving ecosystem!

Book Me!



Customisable Workshop to meet your organisational needs

- D. Getting Unstuck: Completing the Stress Cycle & Mind Management Techniques
- E. Activate Recovery: Sustainable Habits for Purpose Driven Work
- F. Reigniting Passion: Taping into the fire that led you to the frontlines of healthcare

When caregivers **heal**, Entire organizations **thrive**

Burnout costs the Canadian healthcare system millions!



How much does it cost your establishment?

Our workshops save your **staff**
And your **bottom line.**"

