



BOOTH ANDREWS

INSPIRING OTHERS TO HEAL



MY STORY

I thought I was a superhero. But in 2015, I fell from the metaphorical sky in an epic crash and burn. Today, I teach individuals, teams and organizations what I know now that I didn't know then about staying well in the face of chronic pressure and stress. While superheroes have enviable talents, their ultimate power lies in their humanity.



Signature Topics

Topic: Mental Health and Suicide Awareness

Duration: 45 min - 1 hour

- Understanding mental health
- Acknowledging the relationship between mental health and physical health
- Causes and stages of mental illness
- Risk factors and warning signs for mental illness and suicide
- How to support someone who is showing signs of mental illness or risk for suicide



Signature Topics

Topic: Burnout

Duration: 45 min - 1 hour

- Define the "stress cycle" and better understand what is happening in our bodies when we are stressed
- Learn how to recognize the signs, symptoms, phases and impact of burnout
- Understand the impact unmitigated stress has on our health, behaviors and performance
- Learn how to work with your body to reduce stress load, prevent or heal from burnout, build resilience and increase capacity for impact

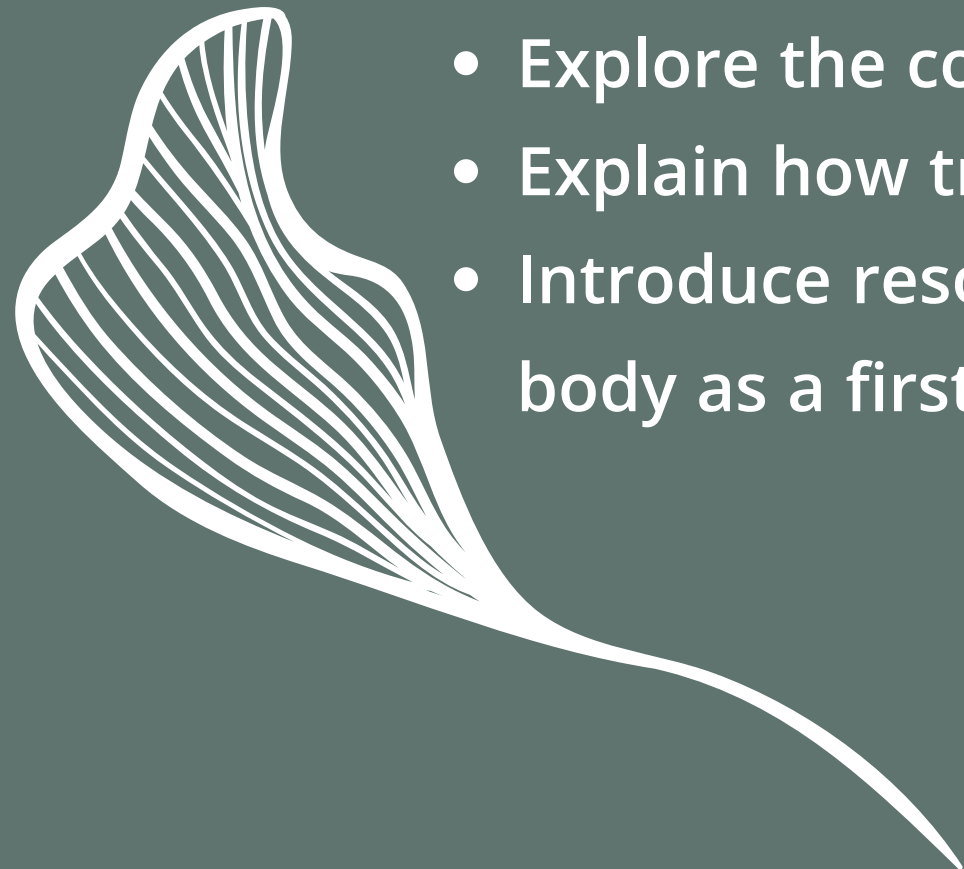


Signature Topics

Topic: Understanding Trauma

Duration: 90 min - 2 hours

- Define trauma
- Explore factors that determine whether someone who has a traumatic experience becomes "traumatized"
- Identify symptoms of unresolved trauma
- Explore the connection between trauma and poor life/health outcomes
- Explain how trauma can impact work and personal behaviors
- Introduce resources and engage in simple practices which can help bring a "sense of safety" to the body as a first step in starting to release/resolve traumatic energy



Signature Topics

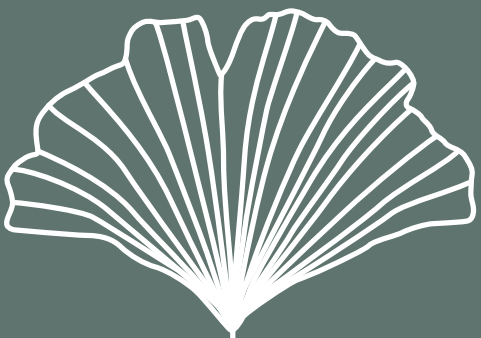
Topic: Toxic Productivity & Compassion Fatigue

Duration: 1.5 - 3 Hours

- Define toxic productivity
- Define burnout
- Learn to recognize signs, symptoms and stages of burnout
- Define compassion fatigue (burnout + secondary trauma = compassion fatigue)
- Learn to recognize signs and symptoms of compassion fatigue
- Understand the four centers of energy and how an intentional cycle of exertion and recovery supports overall health, well-being and performance
- Engage in simple practices that support the body's ability to recover from stress (and prevent burnout/compassion fatigue)



Testimonials



"Booth Andrews shares her powerful testimony as a perfectionist CEO, striving triathlete, and super-mom, whose life came to a screeching halt when she prepared to take her own life. For years, Booth denied the impact of chronic stress and mental illness on her work, her family, and her physical health. Through storytelling, her authenticity and vulnerability captivates the audience and draws people closer to their own truth. Her story is one of resiliency and hope and translates into actionable takeaways for work and life leadership."

- Tiffany McGee, HR Professional

"Booth's authenticity and candor regarding such a pervasive crisis of human well-being is both validating and refreshing. I have had the fortunate opportunity to attend several of Booth's presentations and workshops - each unique in topic, but all with a shared sense of empathy and compassion for all. Through a combination of personal anecdotes and thoughtfully researched content, Booth helps listeners connect to their own vulnerability and challenges, and guides them with tips and techniques to focus on their long-term well-being.

As unprecedented numbers of employees are now working from home (or should I say living at work), the focus on stress and burnout should be of increased importance."

- Sarah Alexander, HR Professional

"Our high-performing team members have significant demands on their time including managing client service with excellence while maintaining work/life integration. In sharing her own compelling story of 'running on empty,' Booth Andrews connected with our employees to help us understand better how to navigate these challenges and she has proven to be a wonderful resource to our firm."

- Mouzhan Mangum, Chief Administrative Officer, PYA

FREEDOM FROM EMPTY PODCAST



Bio

Booth Andrews has more than 20 years of experience leading individuals, teams and organizations through strategic, operational, and cultural growth and transformation. Her multi-disciplinary, professional experience includes a license to practice law in the State of Tennessee, 10 years in commercial real estate, 6 years as the CEO of a regional non-profit chartered by an international organization, and more than 10 years of consulting in both the for-profit and non-profit sectors.

Booth has been speaking to audiences for 30 years. Five years ago, Booth started to share a very different story. This was the story of her fall from someone who “had it all” to unemployed, divorced, single Mom, buried in the throes of mental illness. She shares what she has been through, and all she has learned along the way, for the benefit of other leaders, humans, and organizations; not only encouraging them to avoid her path, but also helping them break stigmas, face fear, and build awareness, skills and habits that will accelerate their path to sustainable purpose and maximized potential.

You can also hear Booth on the Freedom from Empty podcast, available on Apple Podcasts, Google Podcasts, Spotify, and Audible or follow her on Instagram @theboothandrews.



BOOKING

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