



# Dex Randall Burnout Coach



## Bio

Dex Randall coaches professionals from burnout to heart-centred leadership.

Dex's career in corporate software development and leadership ended in burnout and a heart attack at 55. He recovered and spent the next five years perfecting techniques to coach others out of burnout - quickly, reliably and sustainably.

With his proven step-by-step process to beat burnout, people start feeling better in 3-4 weeks - guaranteed.

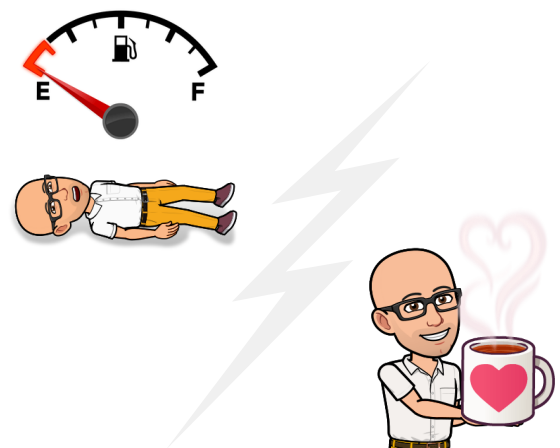
## Interview Topics

Burnout 101  
Heart-centred leadership  
Systemic burnout e.g. in medicine  
Dealing with overwork and overwhelm

Types of burnout  
Thriving after burnout  
Burnout and family relationships/parenting  
Why burnout isn't your fault

## Interview Questions

What is burnout, who gets it and why?  
How do people know they're in burnout?  
How do you fix burnout?  
Why do you work with burnout AND leadership?  
What was your personal experience of burnout?  
Is burnout the same for men and women?  
How can people deal with the stigma of burnout?  
Does changing jobs fix burnout?




## Contact

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