

Sarah Vizer

PERFORMANCE WITHOUT BURNOUT

Beyond Burnout

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About me



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[Read about my story here.](#)

Hi, I'm Sarah! My **Corporate Career** spans 20 years, leading teams and managing organisation-wide technology and cultural change. I've worked across many large organisations, including PwC, BHP Billiton, Rio Tinto, QUT and Hewlett Packard Enterprise.

But after 20 years I came to a real life crisis point. Yes I was **EXTREMELY BURNT OUT!** Fast forward and I now use my experience to help others sustainably reach those high peaks of performance without the burnout.

I'm the **creator of 'Beyond Burnout'** which is all about performance without burnout. We draw out the best in our leaders, helping them reignite their motivation, energy, focus and ultimately feel and operate at their peak.

I combine experience with **current, evidence-based research** to develop the systems that achieve this transformation. My background in consulting, coaching and change management works perfectly, assisting people transition to new beliefs and ways of working.

My mission is to use my lessons from life and work to **inspire other top professionals**. Favourite topics include building sustainable solutions, tapping into resilience and maintaining high performance...all without burning out of course!