

Desert Roots Wellness

Sustainable Success

Burnout Prevention for Leaders & Teams

Practical training in workload conversations, boundary-setting, prioritization, and sustainable team practices — before burnout costs you your best people.

Facilitated by Samka Keranovic — former VP and COO, Fast Company author, and Brainz Magazine Executive Contributor.

The Workplace Challenge

When reliable employees keep taking on more, it becomes difficult to tell where commitment ends and overextension begins. Managers need clear conversations about priorities and resources. Employees need practical ways to communicate capacity and negotiate competing demands.

Sustainable Success brings these conversations into the room through reflection, realistic workplace scenarios, and tools teams can use after the session.

What Your Team Walks Away With

- Recognize patterns of overcommitment and over-responsibility before they lead to burnout
- Clarify priorities and renegotiate deadlines with practical, direct communication
- Set clear expectations for meetings, focus time, and availability
- Create individual actions paired with manager-owned team changes

Meet Your Facilitator

Samka Keranovic is Co-Founder of Desert Roots Wellness. She served as Vice President and Chief Operating Officer at U.S. Truck Driver Training School, Inc., with 20+ years in corporate leadership before turning full-time to coaching.

She brings 16 years of private coaching experience working with high-performing professionals, business owners, and leadership teams. She is a Fast Company author (Leadership) and an Executive Contributor to Brainz Magazine.

Her Fast Company article traces the connection between self-abandonment and burnout in high achievers — the same pattern this program is built to interrupt in workplace teams.

Read Samka's Fast Company article: [fastcompany.com/91570938](https://www.fastcompany.com/91570938)

Brainz Magazine contributor profile: brainzmagazine.com/executive-contributor/samka-keranovic

Choose Your Training Format

Format	Duration	What's Included
Awareness Session	60 minutes	Discovery call, participant handout, feedback survey
Team Workshop	90 minutes	Discovery, pulse survey, workbook, communication toolkit, 30-day action plan
Leadership & Team Series	3 sessions over 6–8 weeks	Employee learning, manager training, implementation check-in, participant feedback

We confirm participant count, delivery format, customization, and fees in your proposal. Pricing is by custom proposal only.

Frequently Asked Questions

Who is this for?

People managers, high-performing employees, executive teams, and emerging leaders. HR, Learning & Development, and wellness teams can sponsor an engagement.

Can the training reflect our workplace?

Yes. A discovery conversation identifies relevant pressures, audience needs, and learning objectives. Your proposal defines the level of customization included.

Does the training address management practices?

Yes. The approach pairs individual communication skills with manager responsibilities around priorities, resources, delegation, and team expectations.

How is progress reviewed?

Feedback and brief learning measures are matched to the package. The series also includes an implementation check-in.

Is this therapy?

No. The program provides workplace education and practical coaching tools. It does not diagnose or treat mental health conditions.

Request a Proposal

Tell us about your audience, your goals, and your timing. We'll shape a proposal that fits where your people actually are.

Email: samka@drwmbs.com

Website: www.drwmbs.com/corporate-training

Phone: 480-953-0443