

A woman with short reddish hair is running on a path covered in fallen leaves. She is wearing a black long-sleeved top and black leggings with a white stripe down the side. The background is a dense forest with trees showing vibrant autumn foliage in shades of yellow and orange. The lighting is soft, suggesting an overcast day.

**REIGNITING LIVES
STRENGTHENING BODIES &
EMPOWERING MINDS**

**LEANNE
SPENCER**
RISE METHOD®



REVIEW IGNITE STRENGTHEN EMPOWER

THE RISE METHOD®
**MY FOUR-STEP METHOD TO HELPING YOU RECOVER
FROM BURNOUT AND GET BACK TO YOUR BEST.**

BURNOUT IS A BIG PROBLEM

Professional burnout is now a major problem in the City and the corporate world. According to the Health & Safety Executive Report (UK), in the 12 months from 2013 to 2014 there were 487,000 cases of work-related stress, anxiety and depression. During the same period the total cost to the economy in terms of lost productivity was estimated at £11.3m.

In 2014 alone, 244,000 new cases of work-related stress were reported. It's not just about lost productivity; if people are out of work then they often need to be financially supported and the oversubscribed resources of the NHS bear the strain of the costs of medication and counselling. Perhaps more crucially, lost or wasted talent constitutes a huge and immoral human cost.



INTRODUCTION

Leanne Spencer is a personal trainer with a difference. Rather than focusing on weight management or bodybuilding as so many of her peers do, she has chosen to focus on an area that is both personal to her, and becoming an increasingly bigger issue for busy, time-crunched executives. That area is professional burnout. Leanne has built a team of experienced and empathetic professionals who work together to ensure you receive gold standard treatment throughout the program of services.

WHO IS IT FOR

We only work with burned out professionals who are looking to recover their health, career and zest for life. That includes entrepreneurs and business owners, CEOs, directors, executives, partners and managers, both male and female. Our clients are typically aged between 30-50, work in a senior position in a bank, law firm or audit/accountancy firm and are struggling to cope with their workload and lifeload. Many of our clients are signed off on sick leave, or feel that they are approaching this point and are increasingly unable to manage. We help our clients get back on their feet, and give them the tools they need to get back to their best. Everything we do is in accordance with our brand values: Integrity | Authenticity | Strength.

If that sounds like you, or something you need, read on.



OUR PHILOSOPHY

Helping a client successfully recover from burnout and then maintain good health comes through developing a relationship that extends beyond the time we spend with you. If we are to be successful, we need to be able to influence the decisions you make in many aspects of life. Our methodology works, and we ask that you trust in the process and give things a try. Being open-minded is crucial if you want to change old habits and improve your health.

We have worked with clients who have come to us at a real low point in their lives, but have been able to recover after going through our programs. We have the experience, the tools and the belief, and many of us have been there and got through it. We can help you do that too.

'THE MAGIC'

Leanne has developed a 4 step method to help busy, burned out executives recover from burnout and learn strategies to help manage their stress and lead happy and productive lives. That process is called The RISE Method®.

THE RISE METHOD®

The RISE Method® is a simple, four-step process that clients follow as part of our packages. It's uncomplicated, but effective, powerful and proven.

RISE stands for Review, Ignite, Strengthen and Empower.

REVIEW – we look at lifestyle and lifeload and other factors such as sleep. We will perform simple and non-invasive tests for vitamin D3, adrenal stress and a DNA test for optimal diet.

IGNITE – we get started with the exercise program and apply the results of the genetic test to your nutrition program.

STRENGTHEN – you will start to see some changes to how you feel (physically and mentally) and be making further changes to build on your progress.

EMPOWER – continuing to build on your progress, we also look to the future and give you techniques and strategies to help prevent burnout from reoccurring.

OUR PACKAGES

Every client comes to us with their own unique set of circumstances, free time and budget. Some clients need a lot of assistance and support, and are able to dedicate more time to the process than others. To reflect this, we have created three packages called Recharge, Re-energise and Ready. Each package is based on the principles of the RISE Method®.



WHICH PACKAGE IS RIGHT FOR YOU?

We have designed a short test to help you understand which package is best for you – you can find this in the 'Our Services' page of the website www.leannespencer.co.uk. You can also get in touch with us and we will be happy to talk to you about how we can help and what package is best for you. There is no charge for the initial telephone consultation.



ABOUT LEANNE

Leanne has had a career in sales spanning 17 years, and in that time has worked for several large corporate and financial services companies based in the City of London. She has managed some of her company's largest customers, and closed deals worth hundreds of thousands of pounds. All of this required time spent in the office, at a computer, and in the local wine bars networking and entertaining. After realising that her own stress levels were incredibly high, Leanne faced up to the inescapable truth that her own life was out of control after several years of worsening stress, poor diet and heavy alcohol consumption. That was over three years ago. Since then Leanne has radically changed her life by applying the steps that she now calls the RISE Method®. She is now a successful fitness entrepreneur and an Amazon bestselling author.

'I believe that when an exceptional coach works with a client who has a strong desire to change, incredible things can happen.'

Leanne Spencer | Fitness Entrepreneur & Bestselling Author

THE TEAM

Leanne has built a team of dedicated professionals to help deliver the packages. These professionals are the best in their respective fields, and fully endorse the principles behind the RISE Method®. They include highly experienced yoga gurus, nutritionists, massage therapists and CBT practitioners. One of the advantages of working with Leanne is her extensive network of high quality professionals across various fields.

WHAT OUR CLIENTS ARE SAYING

'The benefits that I have felt so far have been numerous - in particular I find I am sleeping really well after years of insomnia and I wake up feeling alert and energetic. I also find that I am wanting to eat much more healthily and have made tweaks to my diet recommended by my nutritional therapist. My improved fitness has made me a lot more enthusiastic and upbeat about life in general.'

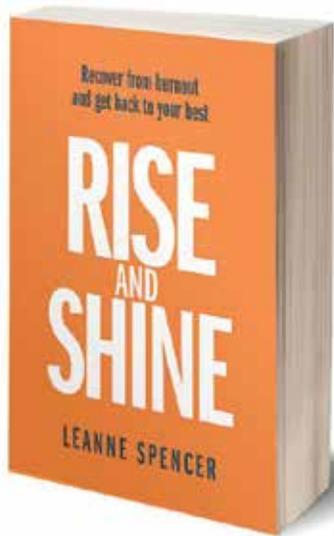
J. Caldwell, Partner, Big 4 Accountancy Firm

'I've found that the combination of 1-1 fitness coaching and yoga have really helped me in relation to my anxiety and general wellbeing, which I've experienced since suffering from burnout. Generally, I feel calmer and better able to face the challenges related to my work. I still have a long way to go with it, but it's definitely put me on the right track.'

Mike S, CIO, US Investment Bank

'The thing that has helped the most with my recovery has definitely been exercise and yoga - which I find to be very relaxing and calming. Learning to breathe deeply and having some space each week where I forget about my worries has been really helpful in combatting anxiety. I've also noticed that my sleeping has improved and I always have a really good night's sleep after my sessions, which makes a great difference to my mood the next morning. I'd definitely recommend it to anyone who has trouble switching off from everyday stresses and anxieties or is burned out.'

L. Smallman, Lawyer, Magic Circle Law Firm



RISE AND SHINE

Recover from burnout and get back to your best

London-based fitness entrepreneur Leanne Spencer's new book Rise and Shine: Recover from burnout and get back to your best was written especially for very busy, time poor executives at risk of burnout and chronic stress.

**Do you feel that your work/life balance is making you ill?
Are you already off work or on long-term sick leave with stress-related problems or anxiety or depression? Perhaps you're already suffering from burnout? If these words resonate with you, then you need to put the brakes on now and take action.**

THE AMAZON BESTSELLER

In Rise and Shine, Leanne reveals the formula she uses to help her clients recover from professional burnout, and go on to lead successful lives and careers. She also talks about how to recognise the warning signals that indicate you could be heading for burnout. The book includes case studies, anecdotes, quotations and tips and is designed to be easy to read and interpret into actionable items. Read this book and you will be able to:

- Recognise the burnout warning signs and causes so you can regain control
- Gain inspiration from real stories of people who have bounced back from burnout
- Apply tried and tested techniques designed to help you make a full recovery
- Adopt a balanced lifestyle and stay healthy and happy for the future

MUST-READ IF YOU SUSPECT YOU ARE BURNING OUT

This book is a must-read for any man or woman in a high-pressure environment, at any level. Whether you're just starting to see the tell-tale signs of burnout, or are already suffering its crippling effects, this book will help you to get clarity about where you currently are in life, and give you the opportunity to benefit from Leanne's proven framework for a successful recovery. The underlying message carried throughout the book is that everyone has the ability to change their lives if they have a strong desire and belief that they can.

Enter 'Rise and Shine book' into Amazon to buy your copy.



REGISTER YOUR INTEREST

If you would like to have a free, no-obligation chat to discuss how we might help you, please contact Leanne on +44 7401 441 818 or send an email to hello@leannespencer.co.uk and we will get back to you within 24 hours.

Alternatively, you can read more about how we're helping clients recover their good health and happiness on our website at www.leannespencer.co.uk.