



# MARGIE IRELAND

SPEAKER + FACILITATOR

Leadership Coach | Psychologist | Author



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CREATING  
HAPPY  
HEALTHY  
LEADERS

# Am I Or Team Members In Burnout?

- Feeling tired and unmotivated after a break? Dreading going back to work?
- Drinking too much?
- Feeling negative, indecisive, or lacking confidence?

This could be stress or burnout, and there is a big difference between them!

The World Health Organisation (WHO) describes burnout as an 'occupational phenomenon' and has been classified this way in the 11th edition of the International Classification of Diseases (ICD-11).

Burn-out is a syndrome conceptualised as resulting from chronic workplace stress that has not been successfully managed. It is characterised by three dimensions:

1. Feelings of energy depletion or exhaustion;
2. Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job
3. Reduced professional efficacy."

(WHO, Dec 2023).

## In this webinar/workshop, you will learn:

- What is Burnout?
- How to identify Burnout in myself or others
- How Burnout is different to stress
- Strategies to avoid and get out of Burnout

PRESENTATION TOPICS CAN BE TAILORED.



Contact Margie



View other topic examples

## TESTIMONIALS

*As we know, the only constant is change. So the challenges a leader will face can never be predicted. Margie brings a wealth of experience as a psychologist and author helping to inspire leader build better teams. As a facilitator she brings a contagious energy and enthusiasm. As well as the warmth and compassion of a trusted friend.*

**Annastacia Palaszczuk**

*Margie recently ran a workshop for the Multicap Group where 70% of our middle and senior leaders with agreed that this experience had provided them with clear insights in developing their leadership skills. We receive this type of feedback every time Margie engages with our leaders and is why we would recommend her and the services she offers.*

**Joanne Jessop, Group CEO Multicap**



# WHO AM I

Margie is passionate about people and their work!

She helps leaders and their teams perform, even during times of stress.

Margie lost her passion for her work 15 years ago and was experiencing a lot of stress. She had just come out a 5-year journey of many failed IVF attempts which negatively impacted her marriage and work. She decided to change all of that. She left her executive role and marriage, and entered into an undergrad in Psychology, never thinking she would even get past the first semester.

Margie not only got through the first semester, she graduated, was accepted into an Honours program and received a Distinction for her Thesis on Leadership Performance and Wellbeing.

During her presentations, she openly shares her story, and that following her divorce, a financial tsunami, 3000 practice hours (mostly unpaid), and losing her own father to mental health challenges, she achieved a goal she never thought possible, as a registered Psychologist. Margie found her passion which is helping leaders and leadership teams reach their full potential. She is authentic, engaging and funny.

Margie has been coaching and consulting to organisations for over 25 years. This includes being an owner and partner in two businesses as well as leading and coaching teams in executive recruitment and search firms. Previously she had a ten-year career in IT, which included working in Silicon Valley at the age of 19. And she is also a trained actor!

Margie's approach offers an entertaining while commercial and psychological lens for people striving to reach their potential. Her research, professional experience and own life experience is proving to help leaders and their teams how to perform during times of stress, resulting in resilient, happier and high-performing organisations.

# QUALIFICATIONS

Bachelor of Behavioural Science Psychology  
Bachelor of Behavioural Science-Honours  
Member of Australian Psychological Society  
Member of College of Organisational Psychology  
Certificate in Acting in Film and TV

# TOPICS

- Stress & Burnout
- How Mindset impacts success and wellbeing
- Gender differences in Leadership
- Leadership wellbeing & performance
- Mindfulness @ Work and why it works

# DISCIPLINES

- Keynote
- Corporate events
- Conference workshops
- Company retreats and offsites
- Team Building Workshops
- Tailoring of content for specific events



Watch Margie live



Watch Margie's TV interview

# WORKSHOP OPTIONS

## 30-MINUTE KEYNOTE

In person delivery  
Hybrid events can be discussed

## 1-HOUR WEBINAR

Can be done over a lunch break  
Recording provided if attendees agree

## 1-HOUR WORKSHOP

Delivered in person  
Hybrid events can be discussed

To obtain a quote you may book a zoom chat [HERE](#) or [email Margie](#).  
Please provide as much information as possible, including which of the 3 options you prefer, location, and preferred date.  
Margie will consider a discounted or no fee for NFP events, conditions apply.