

# BURNOUT EXPERT

## JENNIFER MARCENELLE



### AS FEATURED BY:



### ABOUT JENNIFER MARCENELLE:

**Jennifer Marcenelle MBA, BSN, RN, HBC-HN** is a Board-Certified Holistic Nurse with over 30 years of experience in the medical industry. She is a certified Gemstone and Diamond Therapy Associate Practitioner. At the age of 44, she had a health crisis and near suicide from burnout. She's the founder and CEO Of Burn Bright Today and has dedicated her career to helping people move from Burning Out to Burning Bright.

### HARD-HITTING HEADLINES:

- **Beating Burnout:** When Nurses Become Their Own Critical Care Patient – Who Will Be There to Take Care of Us?
- **Shocking Workplace Trend Among Millennials:** Top 3 Reasons Millennials Are Walking Away from Lucrative Jobs.
- **Generation Zzz:** Top 3 Challenges Challenges Cause College Students to Burnout and Drop Out.
- **When Your Overhead Compartment Gets Full:** 5 Things Americans Must Do to Leave Their Mental Baggage at Home.
- **Doggy Depression:** 5 Sure Signs Your Burnout Is Affecting Your Furry Friends.
- **Diamonds Are a Girl's Best Friend:** Introducing the Healing Powers of the Master Crystal.
- **Redbull Gives You Burned Out Wings:** The Nasty Secret Creating Our Caffeinated Society.

### IN AN INTERVIEW, JENNIFER CAN PROVIDE:

- Burnout statistics and it's negative impact.
- Live demonstration of techniques and steps to alleviate burnout.
- Client testimonials and success stories.
- B-Rolls, presentations, and animations.
- Visuals – Gemstones, Diamonds, and Sprays.



BURN BRIGHT TODAY

### AVAILABILITY:

**Houston, TX and nationwide by arrangement.**

### CONTACT INFORMATION:

**Phone:** 800 – 357 – 9075

**Email:** [info@BurnBrightToday.com](mailto:info@BurnBrightToday.com)

**Website:** [www.BurnBrightToday.com](http://www.BurnBrightToday.com)

# MEDIA PITCHES

## **PITCH ONE:**

### **Beating Burnout: When Nurses Become Their Own Critical Care Patients – Who Will Be There to Take Care of Us?**

There are 4.3 million Registered Nurses in the United States and various studies show that up to 66% report burnout. What happens when those who provide our care are no longer able to care for us? I've discovered 5 things each of us must do to care for our caregivers.

## **PITCH TWO:**

### **Shocking Workplace Trend Among Millennials: Top 3 Reasons Millennials Are Walking Away from Lucrative Jobs.**

Did you know that current burnout rates are causing 43% of millennials to leave their jobs within two years? Burnout rates among this generation are extremely high and they're moving around thinking the job is the cause of their burnout which simply isn't true. Job hopping isn't the solution, it's part of the problem.

## **PITCH THREE:**

### **Generation Zzz: Top 3 Challenges Causing College Students to Burnout and Drop Out.**

Bill Gates says the US college dropout rate is tragic. Students are facing unprecedented challenges, and only 54.8% are graduating over 6 years. What I've found to be true in my professional practice is that there are 3 main reasons why Gen Zs are burning out and dropping out.

## **PITCH FOUR:**

### **When Your Overhead Compartment Gets Full: 5 Things Americans Must Do to Leave Their Mental Baggage at Home.**

Vacations are a great way to relax – we all know this. But what happens when we're so burned out that we get to that luxury hotel and experience anxiety, panic attacks and continued exhaustion? What I've found to be true in my personal experience and professional practice is that there are 5 things we must do for ourselves before we go on vacation.

## **PITCH FIVE:**

### **Redbull Gives You Burned Out Wings: The Nasty Secret Creating Our Caffeinated Society.**

Did you know that Americans spend almost \$3 billion dollars – billion with a B on energy drinks every year? What I know to be true through my personal experience and professional practice is that caffeine and sugar don't give us energy, they actually drain our energy and cause burnout.

## **PITCH SIX:**

### **Diamonds Are a Girl's Best Friend – Introducing the Healing Powers of the Master Crystal**

We've all heard that diamonds are a girls' best friend, but what I've found to be true through my personal experience and professional practice is that certain diamonds have the ability to heal us physically, mentally, emotionally and spiritually. And not only Diamonds, but Gemstones can as well, including Rubies, Emeralds, Sapphires and many more.

## **PITCH SEVEN:**

### **Doggy Depression: 5 Sure Signs Your Burnout Is Affecting Your Furry Friends.**

We all know that dogs are a man's best friend, but did you know that they can also take on our symptoms of burnout? What I've found to be true in my personal experience and professional practice is that when owners need to be treated for burnout, so do their pets.