

*Tajan*  
RENDEROS  
COACHING

# BALANCE IS IMPERATIVE (AND NOT JUST AT WORK)

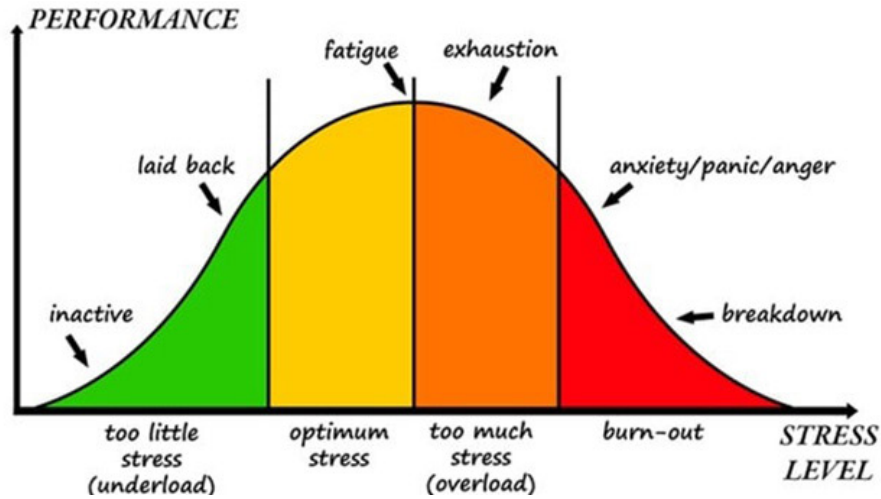
LIVING WITH GREATER  
EASE USING THE MCDC  
FRAMEWORK©

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# ASSESS YOUR LEVEL OF OVERWHELM AND BURNOUT



a) Referencing the visual above what is your level of overwhelm and/or burn out right now?

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b) What are the major causes of burnout for you, if any? (Workplace and personal sources)

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**Note:** You can use the [Oldenberg burnout assessment](https://tinyurl.com/yc8ehwkb) (<https://tinyurl.com/yc8ehwkb>) to get a sense for your level of burnout right now. The higher the score the greater the level of burnout (highest score possible is 60).



### 3 SUMMARIZE YOUR NEW SELF-CARE PLAN

INCLUDE:

- a) how you desire to feel everyday
- b) what limiting belief(s) you will have to let go in order to fully embrace self-care
- c) activities you are modifying that have created chronic stress for you in the past
- d) activities that you are committing to that build your resilience bank account

*NOTE: Remember start small and after you have consistently adopted any new activity, scale from there.*

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### 4 OUTLINE YOUR ACCOUNTABILITY PLAN

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## 5 ADDRESS SYSTEMIC ISSUES

a) What are systems-level triggers and sources of stress at your organization

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b) How might you intervene on systems-level factors to reduce their impact.

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THANK YOU



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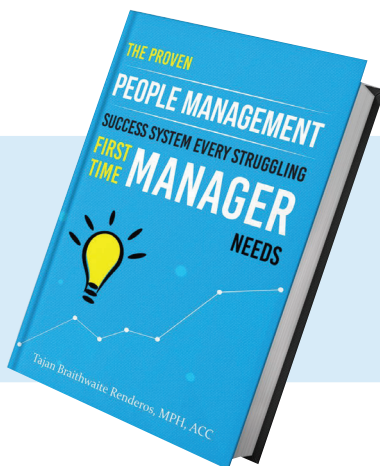
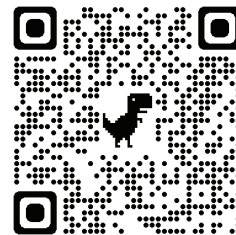
# ABOUT TAJAN B. RENDEROS



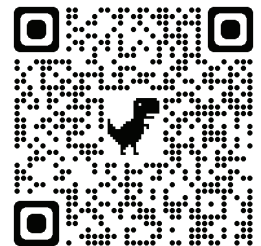
Tajan B. Renderos, MPH, ACC, is a credentialed Leadership Development Coach, Trainer, and Founder of Tajan Renderos Coaching, LLC. She helps companies integrate a coaching approach to management for their leaders so they can easily navigate the most challenging parts of people management, such as conflict and tough conversations with ease, utilizing workshops, coaching, consulting, and innovative modalities like learning collaboratives using her proprietary MCDC leadership framework. Tajan has successfully coached and trained first time managers, middle managers, and senior executives, many of whom have not had formal training around how to develop a coaching approach to people management.

She's managed national training centers, served as a former Director of the Center for Health Equity at JSI, where she helped to develop company-wide US-based DEI strategic action plans. She's conducted trainings for companies including Twitter, Cooley, LLP, Intel and others. Her opinions have been featured in Thrive Global, Modern Health, Noomii, and TEDx BU. Tajan holds a Master's in Public Health from Yale University and an Associate Certified Coach credential from the International Coach Federation. ([info@tajanrenderos.com](mailto:info@tajanrenderos.com))

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