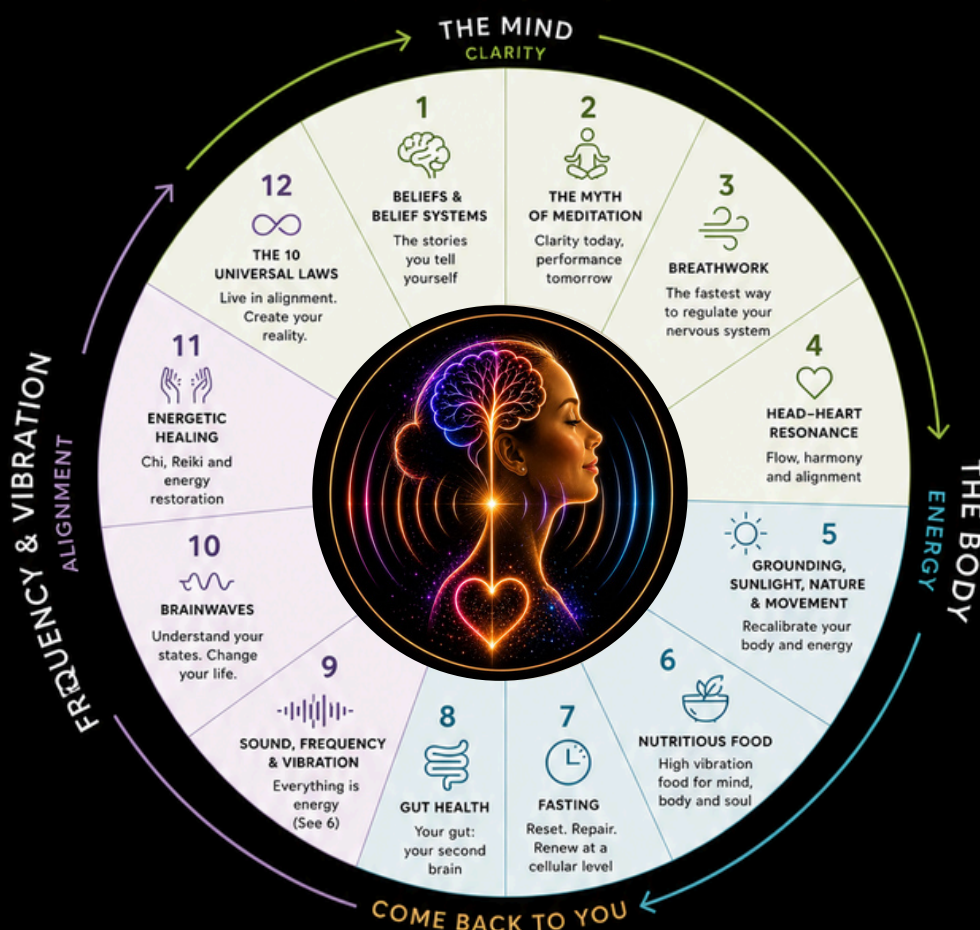


A BURNOUT SOLUTION TO SAVE
BILLIONS OF AUSTRALIAN DOLLARS

THE COMPLETE REWIRE™



12 STEPS TO COME BACK TO YOU



REGULATE

Calm your nervous system.
Reduce stress and overwhelm.
Restore balance and energy.



RESET

Detox your mind and body.
Rebuild resilience.
Reclaim your health.



REWIRE

Rewrite limiting patterns.
Create lasting change.
Live and lead with purpose.

ANDREA K GLOVER

Speaker. Author. Burnout Recovery Expert.

Creator of the Complete Rewire Framework™

CONTENTS

- 03** **The Cost of Burnout:** The financial cost of burnout is in the billions
- 04** **What Actually Burns Out?** The Root Cause Analysis
- 06** **The Elephant In The Room:** Addressing 'Woo-woo' and alternative solutions
- 07** **The Amalgamation:** A new world requires new thinking
- 08** **Andrea's Solution:** The Complete Rewire Framework
- 09** **A Combined Solution Amplifies Impact:** Single siloed solutions are out of date
- 10** **About The Author:** Andrea K Glover

INTRODUCTION



For thousands of years, human beings lived in harmony with nature, guided by natural rhythms, human connection, movement, sunlight, and a deep sense of purpose.

Emerging research in neuroscience, environmental psychology, and nervous system regulation is now confirming what ancient cultures have known for centuries: human beings do not heal, grow, or thrive in disconnection.

Our wellbeing is profoundly shaped by the environments we live within, the safety we feel in our nervous systems, the quality of our human connection, and our relationship with nature itself.

What was once considered intuitive wisdom is now being validated by science — revealing that true health is not created through treatment alone, but through the restoration of connection, safety, belonging, and harmony within both the individual and their environment.

INTRODUCTION

Principles from Polyvagal Theory further demonstrate how the nervous system responds to stress, safety, connection, and environmental overwhelm, shaping everything from emotional regulation and behaviour to physical health and performance. Many people are experiencing burnout, exhaustion, anxiety, disconnection, and a growing sense that something is missing.

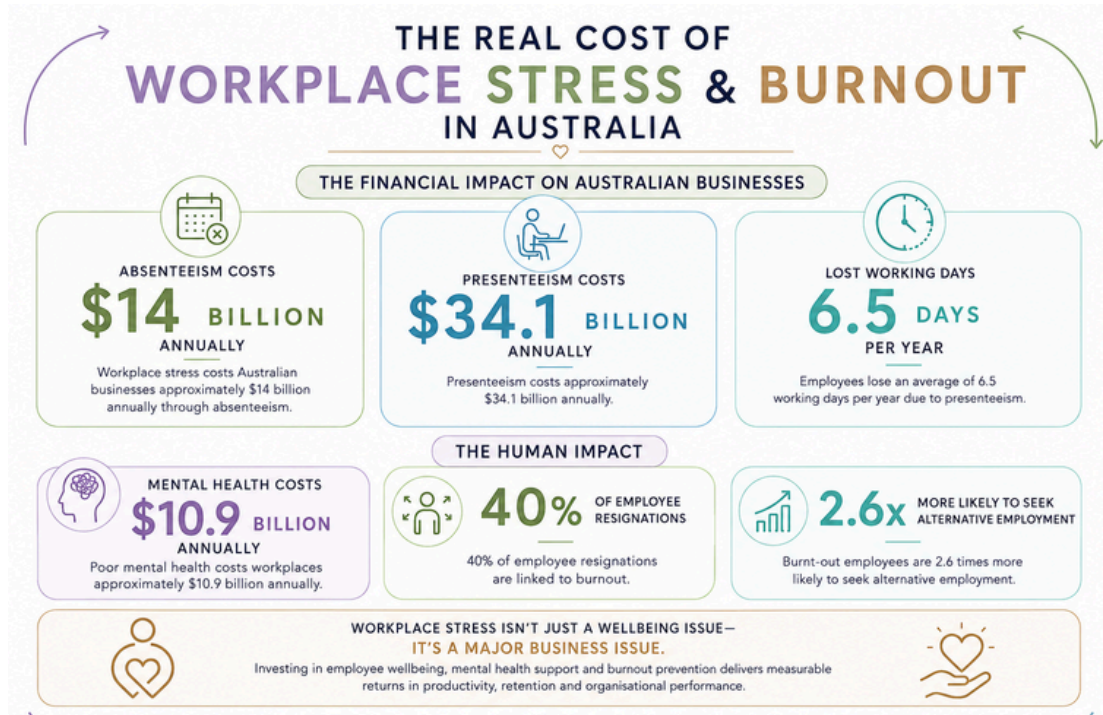
Despite being more connected digitally than ever before, we are becoming increasingly disconnected from ourselves.

Yet beneath the noise, many are beginning to feel a powerful pull back toward their Natural State of Being, a state of clarity, balance, vitality, emotional regulation, and inner knowing. Like the reflection in the image before you, there is a wiser, more authentic version of yourself waiting to emerge.

The Complete Rewire Framework™ is your pathway back.



THE COST OF BURNOUT

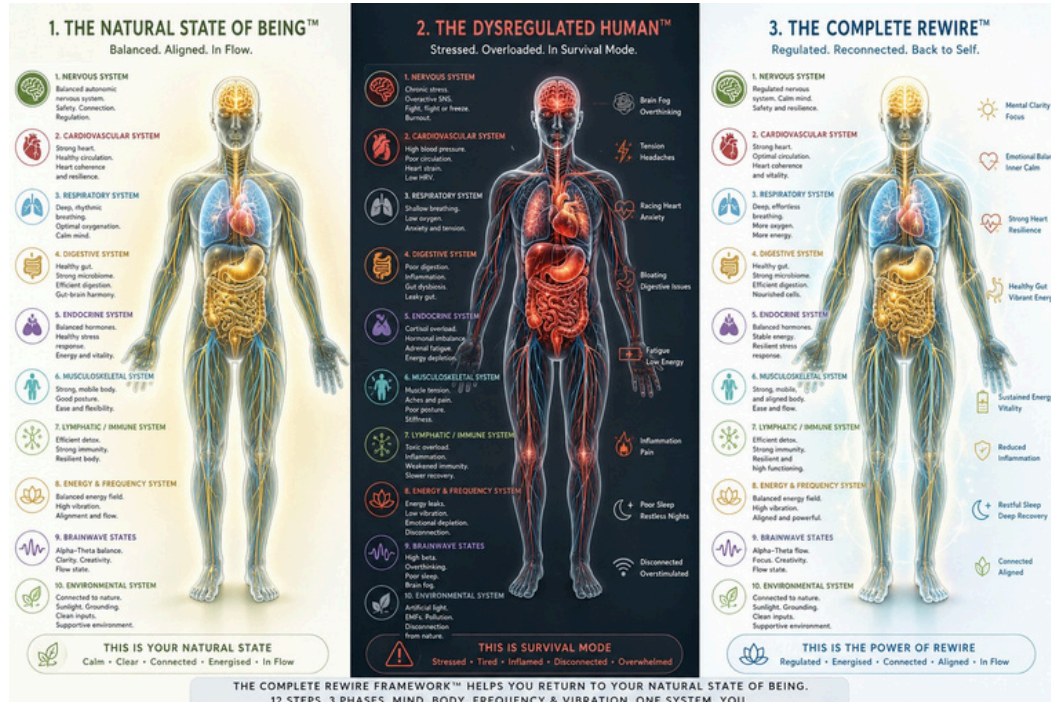


The diagram above highlights the significant financial and human cost of burnout across Australian workplaces.

While burnout is often viewed as a personal wellbeing issue, the data clearly demonstrates that it has become a major economic and organisational challenge. Workplace stress costs Australian businesses approximately \$14 billion annually through absenteeism, while presenteeism contributes a further \$34.1 billion in lost productivity. Employees also lose an average of 6.5 working days each year due to burnout-related performance decline.

Beyond the financial impact, burnout affects people at a deeply personal level. Poor mental health costs workplaces \$10.9 billion annually, while 40% of employee resignations are linked to burnout. Burnt-out employees are also 2.6 times more likely to seek alternative employment. These statistics demonstrate why burnout prevention is no longer optional—it is essential for healthier people, stronger organisations, and a more sustainable future.

WHAT ACTUALLY BURNS OUT



Of all the systems within the human body, the cardiovascular system, respiratory system, digestive system, and muscular system, the most important is the central nervous system. It acts as the body's master control centre, regulating every thought, emotion, behaviour, stress response, and bodily function. Research in neuroscience and Polyvagal Theory highlights the critical role the nervous system plays in emotional regulation, resilience, safety, connection, performance, and overall health.

When people talk about 'burnout,' they are ultimately describing a nervous system under prolonged strain. In practical terms, burnout and a nervous breakdown are closely connected- both describe a nervous system that has become overwhelmed, depleted, or unable to effectively cope with the ongoing demands being placed upon it.

Research from organisations such as the World Health Organization, Black Dog Institute, and the American Psychological Association continues to demonstrate the significant impact chronic stress and burnout can have on mental health, physical wellbeing, cognitive function, and workplace performance.

WHAT ACTUALLY BURNS OUT

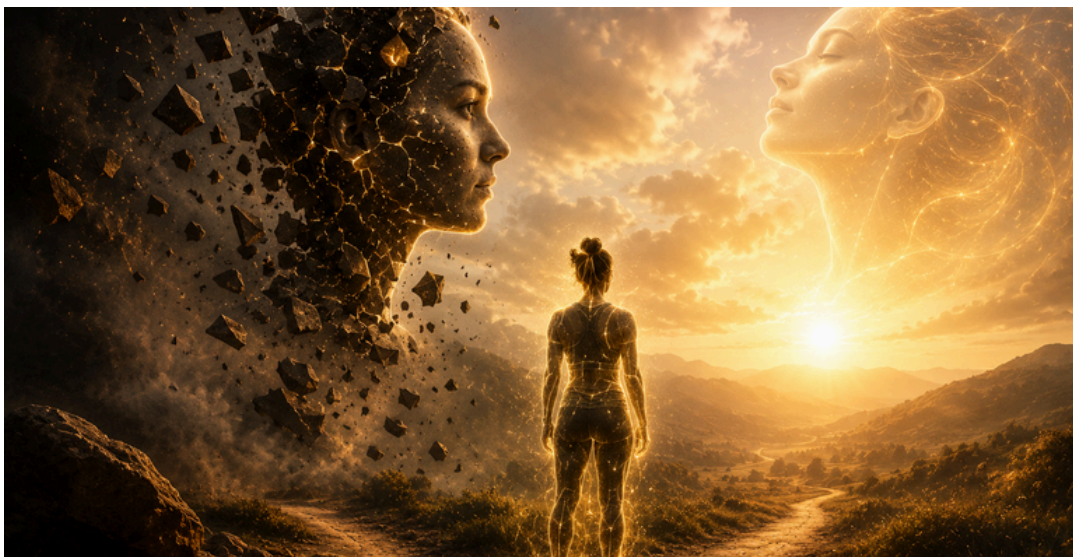
Burnout commonly develops through two primary pathways.

The first is acute overload, where significant life stressors such as bereavement, divorce, financial hardship, illness, or trauma place an intense and immediate demand on the nervous system and stress-response systems of the body.

The second is a cumulative or “slow burn” process, where prolonged exposure to chronic stress gradually depletes the body’s emotional, cognitive, and physiological resources over time.

Research in neuroscience, psychoneuroimmunology, and stress physiology demonstrates that when stress becomes chronic, the nervous system can lose its capacity to effectively regulate and recover. This ongoing activation of the stress response, including dysregulation of the autonomic nervous system, elevated cortisol exposure, inflammatory processes, and reduced adaptive resilience, can eventually lead to exhaustion, emotional dysregulation, cognitive impairment, and functional shutdown.

While the pathways into burnout may differ, the outcome is often similar: a nervous system operating beyond sustainable capacity, resulting in reduced physical, emotional, and psychological wellbeing.



THE ELEPHANT IN THE ROOM



The elephant in the room is that corporate organisations have traditionally been resistant to approaches that fall outside conventional science-based models.

Practices such as meditation, breathwork, energy healing, nervous system regulation, and holistic wellbeing have often been viewed with scepticism or dismissed entirely.

At the same time, many organisations have preferred to spend money reactively after problems emerge rather than investing proactively in prevention. Wellness programmes have frequently become token gestures rather than strategic solutions.

However, the landscape is changing. As the financial cost of burnout, absenteeism, presenteeism, turnover, and poor mental health continues to rise, businesses are beginning to recognise that the next major crisis is people.

In this environment, it is logical, financially responsible, and strategically advantageous to explore human-centred solutions delivered by individuals who have not only studied burnout but have personally walked the path of recovery and transformation themselves.

A NEW APPROACH THE AMALGAMATION OF CORPORATE AND CONSCIOUS SOLUTIONS



The Complete Rewire Framework™ is Andrea K Glover's signature burnout recovery and personal transformation methodology.

Developed through her own lived experience of severe burnout and supported by more than 15 years working within the healthcare sector, Andrea combines practical experience, behavioural science, nervous system regulation, and leadership development to create a framework that helps people move from survival back to sustainable wellbeing.

Each step within the framework is supported by emerging scientific research in neuroscience, human behaviour, stress physiology, nervous system regulation, mindfulness, and performance psychology.

Andrea's credibility comes not only from professional experience but from personal transformation. After experiencing profound burnout herself, she recognised that traditional approaches often focused on managing symptoms rather than addressing root causes.

A NEW APPROACH THE AMALGAMATION OF CORPORATE AND CONSCIOUS SOLUTIONS



Her recovery journey led her to study human behaviour, nervous system regulation, subconscious programming, performance psychology, energy management, and conscious leadership.

The lessons learned through her own recovery became the foundation of The Complete Rewire Framework™, which she now teaches to individuals, leaders, and organisations internationally, combining lived experience with evidence-informed principles designed to support long-term wellbeing, resilience, and transformation.



THE SOLUTION: THE COMPLETE REWIRE



Many people experiencing burnout believe they simply need rest, time off, or a lighter workload.

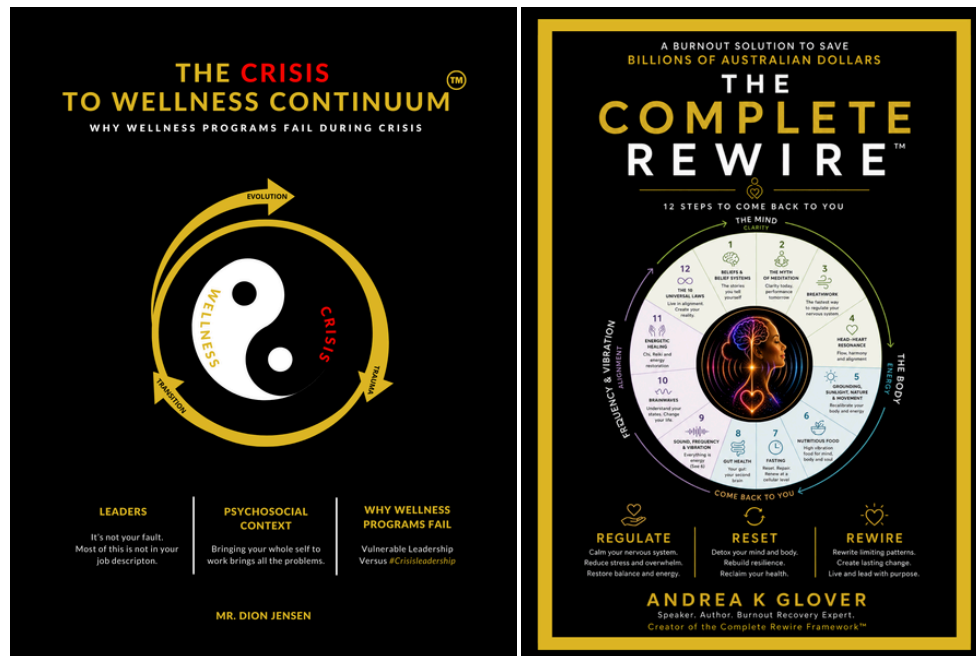
While these may help temporarily, they rarely address the deeper causes of burnout. As a result, many people find themselves repeating the same cycle of stress and exhaustion.

The Complete Rewire Framework™ was designed to address burnout at its source.

Through 12 interconnected steps focused on the mind, body, and energy, Andrea K Glover helps individuals regulate, reset, and rewire their lives.

The first 8 steps can be taught within the Corporate Environment, the final 4 and most powerful steps must be conducted offsite to experience the full benefits.

A COMBINED SOLUTION AMPLIFIES IMPACT



Just as Dion Jensen's #CrisisLeadership gained recognition during COVID-19 through the understanding that crisis and wellbeing exist on the same continuum, Andrea K Glover recognises that science and conscious wellbeing are not opposing worlds, they are interconnected parts of the same human experience. Because at the centre of every workplace, every crisis, and every system is a human being.

While the scientific research around stress, burnout, nervous system dysregulation, and human performance continues to grow, it is Andrea's lived experience as one of the burnout statistics - and her journey back through combining evidence-based and holistic approaches - that forms the foundation of this new model for wellbeing and transformation.

When individuals and organisations learn how to Regulate, Reset, and Rewire the nervous system, people become more emotionally resilient, engaged, adaptable, creative, and productive under pressure.

A COMBINED SOLUTION AMPLIFIES IMPACT

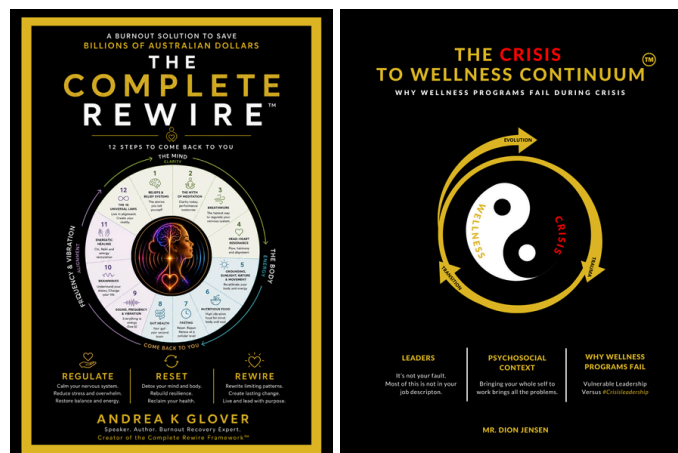
Emerging research continues to demonstrate that nervous system health directly influences emotional regulation, decision-making, leadership capacity, workplace culture, performance, resilience, and overall wellbeing.

Yet despite growing awareness, many organisations continue to address burnout, disengagement, and workforce fatigue at a surface level, without addressing the underlying human and physiological factors driving them.

Creating meaningful and sustainable change at this scale requires more than wellbeing initiatives alone, it requires conscious, emotionally intelligent leadership capable of leading people through uncertainty, pressure, and ongoing disruption.

In what many are now describing as The Age of Crisis, the integration of #CrisisLeadership with The Complete Rewire Framework™ offers a human-centred, evidence-informed approach to leadership and organisational wellbeing.

By combining nervous system regulation, behavioural science, emotional resilience, and conscious leadership principles, this model bridges the gap between what organisations aspire to value, wellbeing, connection, safety, and performance, and what is consistently experienced and delivered within workplace culture.



SOLUTION OPTIONS

ANDREA K GLOVER PRESENTATION

The Complete Rewire™ Introduction Session is a 60–90 minute keynote and experiential learning presentation designed for leaders, teams, and organisations seeking practical solutions to burnout, stress, disengagement, and declining workplace wellbeing. Through Andrea K Glover's personal recovery story and the development of The Complete Rewire™ Framework, participants gain insight into the drivers of burnout, nervous system dysregulation, and sustainable performance. The session concludes with a guided regulation exercise, allowing attendees to experience immediate shifts in calm, clarity, and emotional regulation.

Corporate Outcomes:

- Increased awareness of burnout risks and early intervention strategies
- Improved understanding of nervous system regulation and resilience
- Enhanced leadership capability during periods of pressure and change
- Increased employee engagement and wellbeing awareness
- Improved clarity, focus, and decision-making capacity
- Immediate experience of practical regulation tools that can be applied in the workplace
- Greater openness to wellbeing, leadership, and culture transformation initiatives
- Creates a foundation for ongoing workforce wellbeing and performance programs

THE COMPLETE REWIRE WORKSHOP

The Complete Rewire™ Foundations Workshop is a one-day immersive leadership and wellbeing experience designed for leaders, teams, and high-performing professionals experiencing pressure, stress overload, emotional exhaustion, workplace fatigue, or early burnout symptoms.

Corporate Outcomes:

- Increased clarity and decision-making under pressure
- Greater adaptability in high-performance environments
- Enhanced self-awareness and personal accountability
- Improved team connection, trust, and psychological safety
- Practical wellbeing tools that can be immediately applied in the workplace
- Increased engagement, energy, and workplace productivity
- Stronger foundation for long-term culture, leadership, and wellbeing initiatives

SOLUTION OPTIONS 1:1 & TEAM

REGULATE

The Regulate phase is a four-week nervous system stabilisation program designed for individuals, leaders, teams, and high-performing professionals experiencing pressure, stress overload, emotional exhaustion, or early burnout symptoms.

Corporate Outcomes:

- Improved emotional regulation and resilience
- Reduced burnout and stress indicators
- Improved communication and leadership stability

RESET

The Reset phase is a 12-week recovery and sustainable performance program focused on rebuilding nervous system capacity, restoring energy systems, improving emotional resilience, and creating sustainable behavioural change.

Corporate Outcomes:

- Increased productivity and engagement
- Reduced absenteeism and burnout risk
- Improved psychosocial wellbeing and workforce resilience

REWIRE

The Rewire Phase is an immersive five-day offsite leadership and human performance experience designed for executive leaders, leadership teams, conscious organisations, and high-performing individuals seeking deeper integration, nervous system restoration, and sustainable transformation.

The program combines evidence-informed leadership development with restorative practices, nature immersion, and high-end Nordic wellness products and recovery experiences, carefully selected to enhance physiological regulation, recovery, performance, and overall wellbeing.

Corporate Outcomes:

- Enhanced creativity and strategic thinking
- Improved executive clarity and adaptability
- Increased emotional resilience and decision-making capability

SOLUTION OPTIONS

#CRISISLEADERSHIP

The #CrisisLeadership™ Workshop is a leadership and resilience development program designed for leaders, teams, and organisations navigating uncertainty, disruption, rapid change, workforce pressure, psychosocial risk, and complex operating environments. Recognised as the Number 1 trending leadership modality on LinkedIn during COVID-19, the program guides participants through three practical phases: Survival, Regaining the Initiative, and Taking Advantage.

The complete program is delivered as a three-day workshop, or as a two-day workshop when the Survival phase is completed online. As the Survival phase explores trauma, stress responses, and human behaviour during crisis, some organisations prefer this component to be undertaken privately before the live workshop.

Clinically endorsed and aligned to DSM-5 principles, the program is co-facilitated with Andrea K Glover, integrating burnout prevention, nervous system regulation, emotional resilience, and sustainable leadership performance throughout the workshop. Combining crisis leadership, psychology, neuroscience, and human-centred wellbeing practices, the program supports organisations in responding to Australia's evolving psychosocial health and safety obligations while strengthening both workforce wellbeing and organisational capability.

Corporate Outcomes:

- Increased leadership confidence during uncertainty and disruption
- Improved crisis decision-making and operational resilience
- Enhanced emotional regulation and burnout prevention strategies
- Greater ability to lead teams through change and adversity
- Improved communication, trust, and psychological safety
- Practical tools for recovery, adaptation, and organisational resilience
- Increased capability to identify opportunities arising from disruption
- Stronger alignment between leadership performance and workforce wellbeing
- Improved organisational readiness for future crises and challenges
- Creates a framework for sustainable growth, resilience, and competitive advantage

ABOUT THE AUTHOR: ANDREA K GLOVER



Today, Andrea works as both a Corporate Consultant and Conscious Consultant, supporting organisations, leaders, and communities to build healthier, more resilient, and more human-centred cultures in an increasingly high-pressure world.

Drawing on over two decades of experience across healthcare, pharmaceuticals, medical devices, business development, stakeholder engagement, and strategic relationship management, Andrea has operated within highly demanding corporate and clinical environments where performance, pressure, and outcomes are constant.

Throughout her career, she contributed to the development and management of partnerships, projects, and client portfolios involving organisations and contracts valued in the tens of millions of dollars.

This firsthand experience gives Andrea a deep understanding of the realities faced by executives, leadership teams, healthcare professionals, and high-performing organisations, including chronic stress, emotional fatigue, workforce pressure, burnout, and the increasing disconnect between performance expectations and human sustainability.

ABOUT THE AUTHOR: ANDREA K GLOVER

What distinguishes Andrea's work is that she not only understands burnout professionally, she experienced it personally.

After becoming one of the burnout statistics herself, alongside navigating significant personal and health challenges, she began a profound journey into nervous system regulation, human behaviour, trauma-informed wellbeing, conscious leadership, emotional resilience, and holistic health.

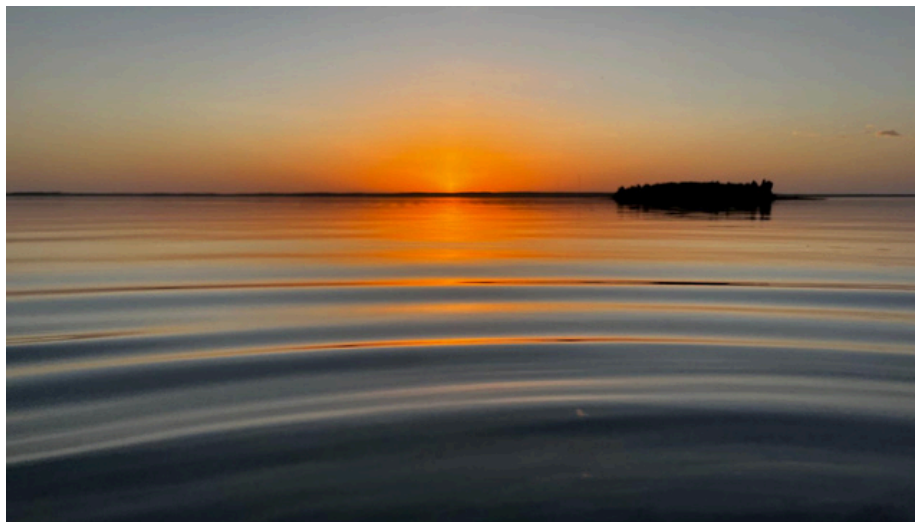
Through this lived experience, combined with emerging research in healthcare technologies Andrea developed The Complete Rewire Framework™, an integrative model designed to support sustainable performance, nervous system regulation, emotional wellbeing, leadership capacity, and human connection.

Her work bridges both the corporate and conscious worlds, integrating evidence-informed leadership principles with deeper human elements often missing from modern organisational culture: safety, self-awareness, emotional intelligence, purpose, connection, and embodied leadership.

Through keynote speaking, consulting, leadership programs, workshops, and immersive experiences ranging from boardrooms to nature-based environments, Andrea guides individuals and organisations through meaningful transformation that is not only strategic and measurable, but also deeply human and sustainable.



ABOUT THE AUTHOR: ANDREA K GLOVER



Qualifications

- Bachelor of Communications
- Certificate III in Financial Services
- Certificate IV in Training and Assessment
- Medicines Australia Continuing Education Program
- NeuroChange Practitioner
- Reiki Master
- Shaman Healer

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