

Jennifer Marcenelle of Burn Bright Health to be Featured on CUTV News Radio

KATY, TEXAS, UNITED STATES, July 5, 2018 /EINPresswire.com/ -- Whether you are a sales director trying to reach a quota or a C-suite executive contending with a board of directors, leaders confront unrelenting pressure and unrealistic expectations every day, all while their performance is continually under the microscope.

Then one day, a nasty email, a dismissive manager, or a public embarrassment in the boardroom, and a person reaches their breaking point. We can't predict what that proverbial final straw could be. Burnout can happen to anyone and be caused by almost anything. It's a complex issue and different for every single person, because we all have our own coping mechanisms. That's why the problem of burnout has until now been so unsolvable.



Jennifer Marcenelle is a board-certified holistic nurse and the founder of Burn Bright Health, where she specializes in helping executives and other leaders solve the unsolvable problem of burnout. The author of the upcoming book: *From Burning Out to Burning Bright: A Holistic Nurses' Guide to Healing Your Body, Mind and Soul*, helps them heal and restore their balance.

"We can't give what we don't have," says Jennifer. "We all know this. If we give and give, we must be able to receive the nourishment we need to continue. Without that nourishment, you can find yourself very quickly in the end stages of burnout where frustration and fatigue become chronic pain and potentially life-threatening illness."

Jennifer has been where her clients have been. After years of unrealistic expectations and unattainable quotas, she finally reached her breaking point.

"I had a serious case of people-pleasing, a serious case of perfectionism, and I always had to be the number-one salesperson," recalls Jennifer. "But it was always, 'What have you done for me lately?' That, on top of extensive air travel, hotels, not cooking your own food. There are many, many things that kind of wear you down over time. You can deal with all that if you're having a good time and we love what we do, but when you go year after year trying to meet these unrealistic expectations, it's unsustainable."

“I was home alone when it happened to me. I had an advanced case of burnout. I was pacing around the couch, hands were shaking. I made it to the bathroom mirror, looked into it, and what I saw was a ghostly reflection of myself. I realized that I was dying, but I didn't want to die. That's when my inner nurse stepped forward.”

Today, Jennifer feels like she's been given a second chance.

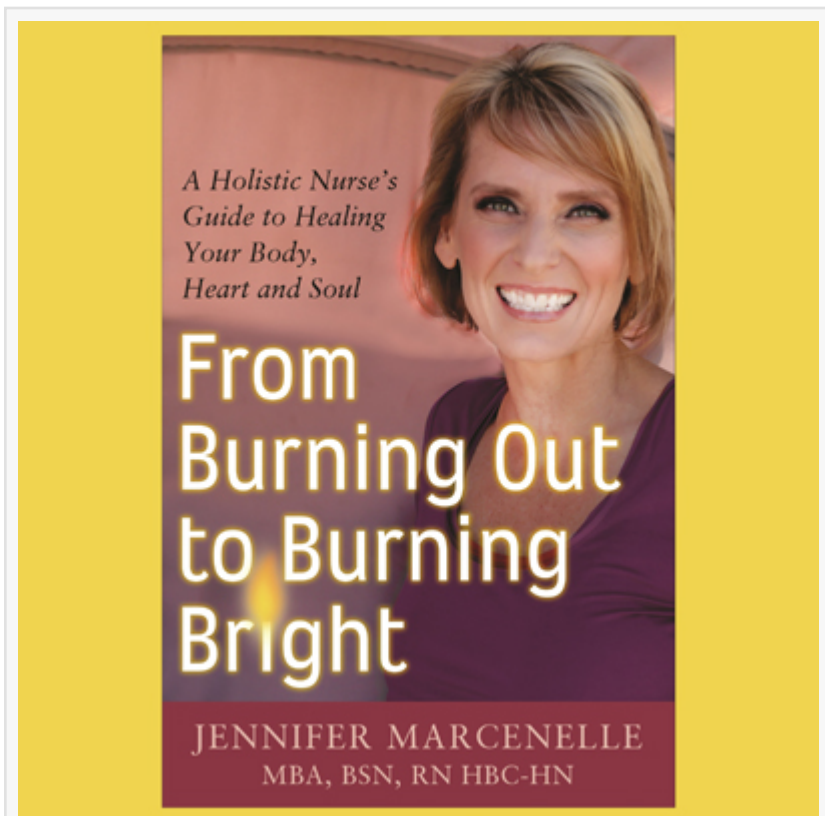
“I was 44 when this happened. It started me on this incredible journey of healing that led me through Western medicine, Eastern medicine, and then very new, very advanced modalities,” says Jennifer. “To be wholly aligned with ourselves and our individuality and who we are, we have to put our highest self in charge.”

CUTV News Radio will feature Jennifer Marcenelle in an interview with Doug Llewelyn on July 9th at 4pm EDT and with Jim Masters on July 16th at 4pm EDT.

Listen to the show on [BlogTalkRadio](#). If you have a question for our guest, call (347) 996-3389.

For more information on Burn Bright Health, visit www.burnbrighthealth.com.

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