



COACHING  
BY MANDY

# MEDICAL BURNOUT FREE ONLINE WORKSHOP

Introduction to the  
Neuroscience of Stress and  
Burnout:

- Rebuild Resilience
- Recharge Daily
- Teach your patients the skills
- 2 CPD Points

**Mandy Hoddinott**

BSc Physio

BA Psychology

**29 July 2026**

**5.30pm**

[Register Here](#)

With three decades of experience as a physiotherapist and an honors degree in psychology, I bring a unique blend of clinical expertise and psychological insight.

This workshop is for healthcare professionals facing high stress and burnout with practical, evidence-based mental and physical strategies to cultivate calmness, resilience, and focus.

[www.coachingbymandy.com/events](http://www.coachingbymandy.com/events)

