

THRIVE IN CHALLENGING TIMES

A Strategic Approach to Achieving **World-Class Performance** Without **Burnout** or **High Turnover** in Fast-Paced, High-Stakes Organizations

JASON MURILLO

AUTHOR & CREATOR OF **LEAD TO THE FULLEST™**



WILL YOU PROFIT OR PAY A PRICE IN 2025?

Many leaders and teams in high-stress environments get stuck in crisis mode and struggle with burnout and resignation. This puts their mission—even lives—at risk. Jason knows. He was one of them. So, he created a solution. If you or your team are experiencing the stresses that come with constantly putting out fires, navigating a shifting landscape, or implementing complex changes, then this session is for you.

In this engaging, complimentary live or virtual 30-minute talk based on his new book and his experience as an Executive Performance Coach, Jason equips your fast-paced, high-stakes cybersecurity or healthcare team with the #1 leadership strategy for *achieving world-class performance without burnout or high turnover*. As a result of this session, audience members will be able to—

1. Identify the *factors* that contribute to burnout, the *problem-cycle* and its *cost*, and the *signs and symptoms* to look out for.
2. Establish a *vision for thriving*, personally, and as an organization.
3. Uncover the *four major reasons* most burnout prevention and retention programs fail and commit to *eliminating* these costly mistakes.
4. Decide to lead better with a *strategic approach* to preventing burnout, reducing turnover, and promoting a culture of thriving in 2025.

ABOUT JASON MURILLO

Jason is a heart-attack survivor turned aspiring Ironman® Triathlete on a mission to reduce burnout and reverse heart disease around the world. In his practice as a Johns Hopkins-trained Organizational Counselor, Jason provides Executive Performance Coaching to individual and corporate clients primarily in healthcare and cybersecurity. He is trusted by executive leaders and their teams to *help them achieve world-class performance while reducing burnout and turnover in fast-paced, high-stakes environments*. Jason has consulted with organizations like the National Center for Healthcare Capacity Building, Fusion Physiotherapy Associates, the Jack Welch Management Institute, the Joe Gibbs Racing & Strayer University partnership, the Og Mandino Leadership Institute, and many others.

To learn more or book Jason to speak, please call (540) 214-1073 or e-mail Info@MurilloLeadership.com.

AUDIENCES ARE SAYING

"Fantastic Speaker! Very intelligent and a great orator."
"The speaker was certainly one of the most engaging and personable that I have experienced."
"It was apparent he was a seasoned instructor."
"Jason was an excellent presenter."
"Definitely knew his stuff!"
"Inspirational!"

"I loved Jay's workshop. Our whole company needs this, and we must partner with Jay to offer this training to all our clients."

— Sandy Voellinger, Sr. Principal Engineer,
Copper River Enterprise Services

"I am deeply appreciative of Jason's passion, willingness to engage the tough questions, and obvious love for teaching. I give him my highest recommendation and full endorsement."

— Andy Caldwell, CEO, Caldwell Consulting, LLC

"I would want Jason for every class, training, or facilitated discussion that I host. Jason has an ability to set students at ease and get them to participate and interact with one another to create an enjoyable and productive learning environment."

— Florence Chichester, Sr. Program Manager, FBI

"Jason is an expert facilitator who brought a skilled, human touch that has brought life to our program and been essential to our expansion! Thank you for helping us increase our dialogue with our students and enhance our learning outcomes!"

— Susan Hansche, Program Director, Diplomatic Security

"Jason is energetic, enthusiastic, and most of all knowledgeable. He brings so much energy and motivation to his programs. He breaks the material down into manageable, relatable, retainable pieces that make learning effortless!"

— Hala Ayala, ISSO, US Coast Guard

"As one who truly empowers others, Jason has mastered the ability, when necessary, to restrain his own strength and conviction enough to pose gentle questions to the listener, so that you come to your own understanding. He is definitely gifted at serving others in this manner and has earned the right to be heard. I recommend him highly as a Speaker and Executive Coach."

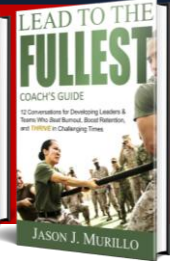
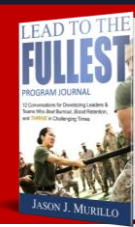
— Candace G. Carson, CEO, The Intelligentsia Agency, Inc.

Imagine a world where
success means *fulfillment*



LEAD TO THE FULLEST™

LEADERSHIP & MENTAL PERFORMANCE



OUR STORY

The best way for fast-paced, high-stakes healthcare and cybersecurity organizations to achieve world-class performance without burnout and high turnover is to have a *high-impact organization*. You need to be developing high-impact leaders and teams who continuously align to their purpose, accept their challenges, and assess their current state effectively. The only way to develop high-impact leaders and teams is with a proven leadership and mental performance system and powerful coaching and training with Murillo Leadership.

Over the past decade, Jason began noticing how constant disruption and complex demands in both our work and personal lives leave many leaders and teams stuck in crisis mode, struggling with increased rates of burnout and resignation—putting their mission, even lives, at risk. What he didn't notice was that his own life was in jeopardy. After years of high-stress roles and enduring many trials in his personal life, Jason burned out, got blindsided by a heart attack, and was told he had severe coronary artery disease requiring open-heart surgery.

Fortunate to survive, and after much consideration, Jason refused surgery and vowed to reverse his burnout and his heart disease as naturally as possible. To drive his recovery, he created a leadership & mental performance framework and published the Lead to the Fullest™ Coach's Guide & Program Journal to help other leaders & teams start beating burnout, boosting retention, and thriving in challenging times.

OUR MISSION

Today, Jason is answering the call to help others *reduce burnout and reverse heart disease around the world*. In addition to his efforts as a cardiac athlete, his practice focuses on developing world-class performance while reducing burnout and turnover in fast-paced, high-stakes environments. Audiences and clients learn to stay aligned to their purpose, embrace challenges, and navigate change so they can improve readiness, engagement, and performance for greater impact, growth, and meaning (*fulfillment*) in all aspects of their life.

Delivering over 50 live and virtual events annually, including **Keynotes** and **Workshops** as well as hundreds of hours of bespoke **Executive Performance Coaching**, Jason's events are customized and supported by author content and original research so that together, you can create extraordinary experiences and outcomes such as:



BETTER LEADERSHIP: Shift with the times and become a greater force for shifting the times by avoiding the four major leadership and management mistakes that keep your retention too low and your risk too high.



A BETTER ORGANIZATION: Cultivate a high-impact, healthy, and safe culture where everyone dares to make an unseen difference, become the opportunity others are only searching for, and find ways to help everyone win.



A BETTER WAY: Redefine success by harnessing the limitless power of fulfillment in people, potential, and purpose so you can optimize challenge readiness, challenge engagement, and challenge performance.

OUR EXPERIENCE

Jason has spoken at events like the DoD Zero Trust Symposium, held by Defense Acquisition University and the MIT Lincoln Library; the American Counseling Association Annual Conference, the Cyber Maryland Conference, DISA-JSP's Quarterly DoD Cyber Awareness Forum, Cyber Maryland Governance & Policy Forum, the Copper River Companies Leadership Retreat, and many others.

Additionally, Jason currently serves as Fusion Physiotherapy Associates *fractional* Chief Organizational Development Officer (CODO), has consulted as a Cybersecurity Workforce Development Strategist to the Federal Government, is a former leadership faculty member of the National Center for Healthcare Capacity Building, is a former faculty member of the Department of State's Diplomatic Security Training Center, and began his career as a United States Navy Hospital Corpsman.

The best organizations understand that a high-impact culture and healthy workplace are a competitive advantage, not a cost. Let's have a conversation.

CORPORATE INFORMATION

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