

## **Avoiding burnout**

Melanie Pritchard, a corporate wellbeing trainer at Melanie Pritchard Success Coaching, says fund management professionals often believe that increased working hours equal greater success, but that the science proves the reverse.

“Studies show a lack of recovery period dramatically reduces resilience and productivity, increasing the incidence of health and safety problems such as anxiety, insomnia, burnout and breakdown,” she says.

She adds that the cost to companies is \$62bn (€56.4bn) a year in lost productivity.