

Beyond Burnout – Redefining Performance Through Resilience and Values

Ulrika Celsing

Performance Strategist & Coach, Specialising in Women's Performance, Trainer, Author, Flippin Minds, Sweden

Burnout often forces us to stop – but what if it could also be the beginning of a more powerful, resilient way to perform? In this session, I share my personal journey through burnout and how it became the turning point for creating a life that not only aligns with my values but also supports sustainable performance.

Rather than stepping away from challenge, I've learned how to meet it differently – with clarity, recovery, and a new definition of what it means to be strong and effective.

This talk is for anyone who wants to keep showing up – as a leader, professional, or human – without losing themselves in the process. You'll walk away with honest insights, practical strategies, and the reminder that you don't have to choose between performance and well-being.

Biography

Ulrika Celsing is an expert in resilience and sustainable performance, dedicated to helping individuals and organisations build mental and emotional strength, manage stress, and create habits that support long-term well-being. As the founder of Flippin Minds, Ulrika draws on extensive experience in leadership, operational development, and behavioural change to provide practical strategies for navigating challenges. With a background in both the private and public sectors, as well as international health education, Ulrika delivers insights that empower people to thrive under pressure.



UJWEL/SEP/2025/ULRIKA CELSING



UNIVERSAL
JOURNAL OF
21ST CENTURY
Women's Entrepreneurship,
Leadership, Technology & Publishing

**21st CENTURY LEADERSHIP, ENTREPRENEURSHIP,
AI, TECHNOLOGY AND WELLNESS CONFERENCE**

In association with

"Universal Journal of 21st Century Women's Entrepreneurship, Leadership, Technology & Publishing (UJWEL)"