Our signature business programs

BAVARIAN ROOT

Top Performer Care

What	How	Benefits
Burnout prevention program for high achievers	• Discovery call • Individually tailored Day retreat incl. therapeutic yoga, creative expression, coaching and nature elements • 5x coaching sessions	Your Top Performer develops stress-management habits, builds stronger resilience, and a renewed sense of calm and direction. The Program strengthens long-term wellbeing and talent retention.



Delivered by Sylwia Bayerlein

- +15 years of experience, including 12 years **globally driving complex transformations across stock-listed companies**
- Strategic rigor honed through an **Executive MBA; M.A (Psychology), ICF Level 2 Diploma** (Coaching), **Mental Health First Aider**
- Embodied practices from **therapeutic yoga** (Yoga Alliance RYT-200H) and sports coaching that ground transformation in **body and mind**

