



THE BURNT CHEF
PROJECT

OUR STORY SO FAR...

OUR MISSION

The **Burnt Chef Project** was founded in 2019 with a mission to confront and address challenges head-on, burning the silence surrounding mental health in the hospitality sector and providing tangible tools and resources to tackle the alarmingly high rates of mental illness within the sector.

As a Social Enterprise we use three arms of our business in order to achieve this goal.

OUR PURPOSE

The purpose of the **Burnt Chef Project** is to eradicate mental health stigma in the hospitality industry, providing education, resources, and support to professionals at all levels.

By fostering open conversations about mental health, delivering tailored training, and creating a community of support, the **Burnt Chef Project** aims to create a safer, more sustainable working environment where individuals can thrive both personally and professionally.

Ultimately, the project seeks to improve the overall well-being of hospitality workers, ensuring that they can pursue their passion for the industry without sacrificing their mental health.



Business Services

- Training workshops
- Therapy options
- Sponsorships
- Consultancy
- Networking events



Consumer Services

- Ecommerce store
- Podcast
- Fundraising events
- E-learning



Charitable Services

- Peer support
- College talks
- Free access to e-learning
- Mentorship
- Free access to global therapy services

85%

OF HOSPITALITY
PROFESSIONALS

REPORT EXPERIENCING

**POOR MENTAL
HEALTH**

STATISTICS ARE MORE
THAN NUMBERS. THEY ARE
STORIES OF PEOPLE.

PEOPLE WE CARE ABOUT.

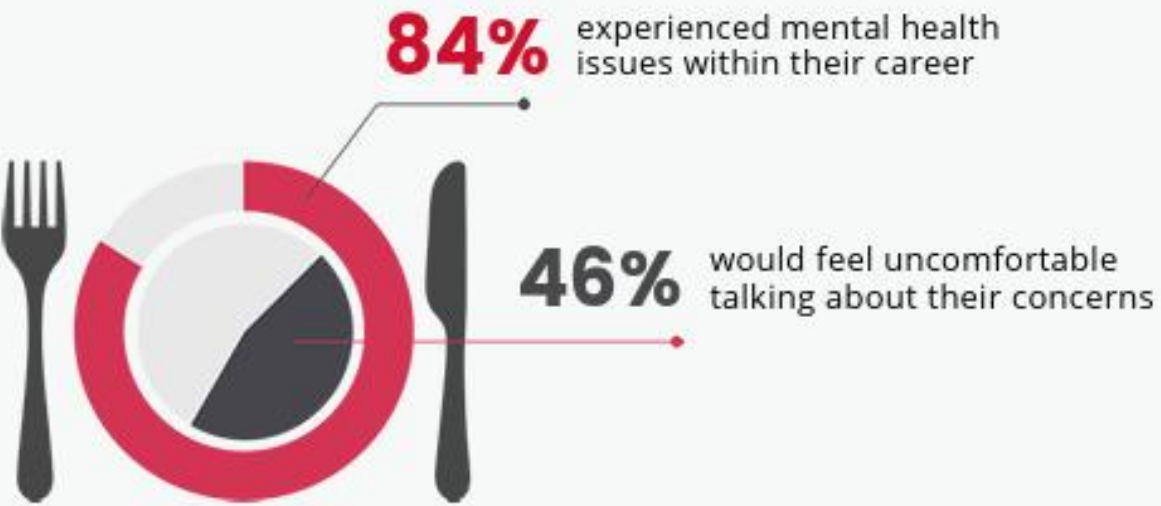


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WHY IT MATTERS

We recently conducted a survey of 1,273 hospitality professionals which showed that 8 out of 10 (84%) of respondents had experienced mental health issues within their career and 46% would not feel comfortable talking about their health concerns with their colleagues.



AROUND

300

PERCENT

**OF EMPLOYEES LEAVE A NEW
HOSPITALITY JOB WITHIN 90 DAYS
OF STARTING.**

**THE BURNT CHEF
PROJECT**

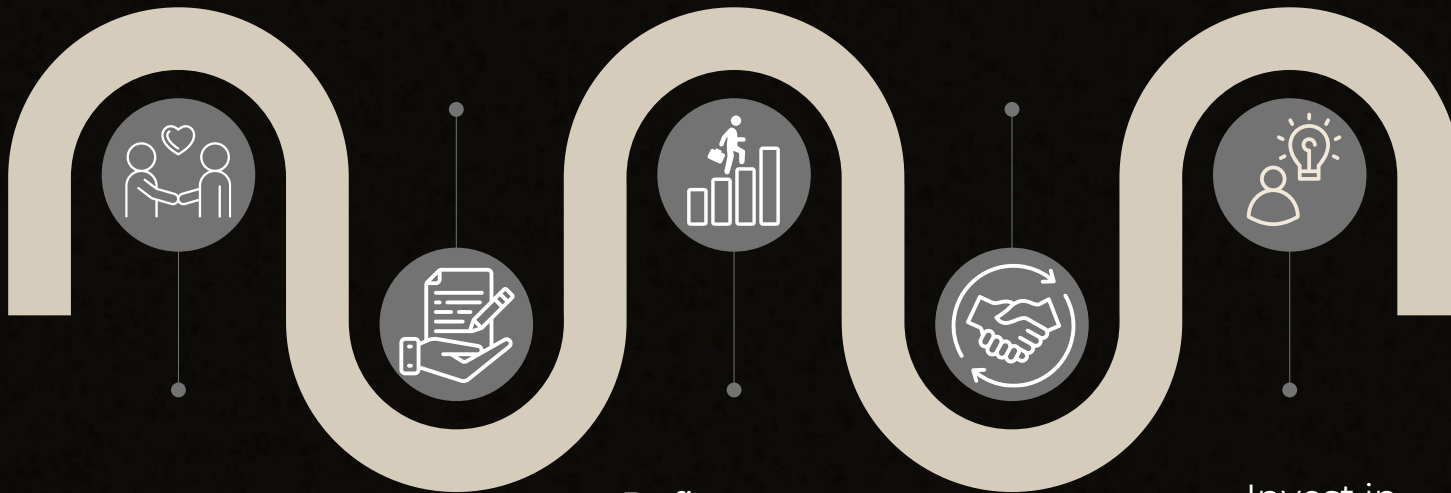
WHAT CAN YOU DO NOW?

Induction plans

Explain available resources and support systems,, communicate the organisation's mission.
Only 51% feel valued and listened to.

Check ins

Schedule regular 1-on-1's and reviews.
71% of those who feel they lack appropriate guidance plan to leave their role in the immediate future.



Humanise

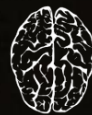
Get to know the person and not the number. What makes that person happy at work and outside of work?

Define career paths and progression

45% feel they don't have a defined path or the training they need to get to the next level

Invest in your team

31% of hospitality employees felt that developing their own management capability was one of the most important skills to develop to progress their career





THE BURNT CHEF
PROJECT

Free online training and resource
center offering hospitality
specific mental health knowledge
and training



THE BURNT CHEF
ACADEMY

THE BURNT CHEF SERVICES



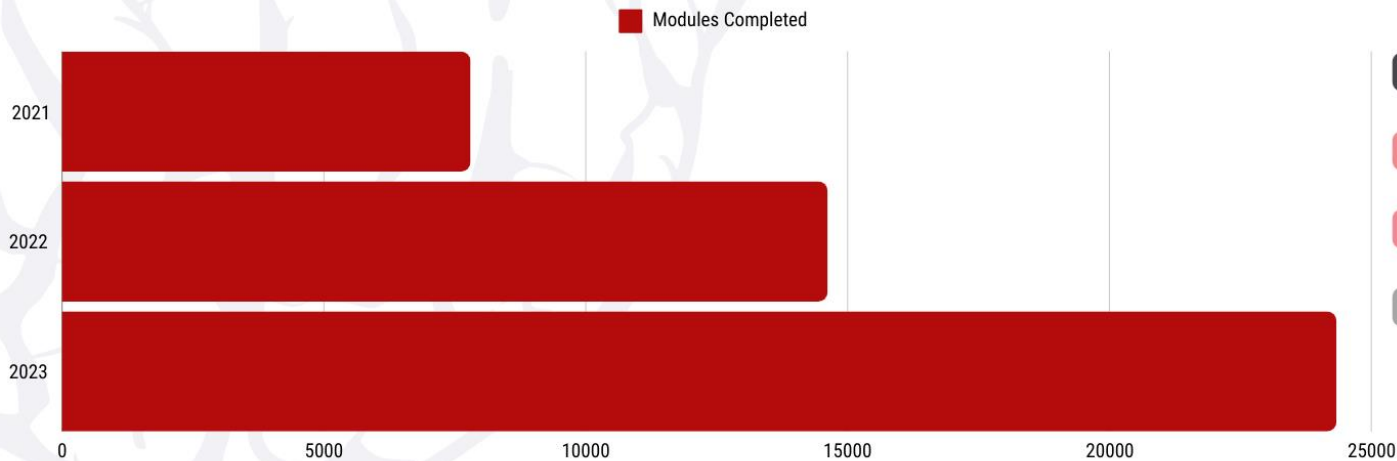
12,168 HOURS OF TRAINING DELIVERED FOR FREE!

Our free e-learning modules are strategically positioned as an essential resource for the hospitality industry and its workforce, offering accessible, high-quality mental health education that can be utilised by individuals at all levels.

These modules are designed to empower hospitality professionals by providing them with the knowledge and skills necessary to manage stress, prevent burnout, and support their own mental well-being as well as that of their colleagues.

By making these resources freely available, The Burnt Chef Project removes financial barriers that might prevent individuals or businesses from accessing crucial mental health training.

This inclusive approach ensures that everyone, from students and entry-level workers to seasoned professionals and managers, can benefit from the education provided, regardless of their location or financial situation.



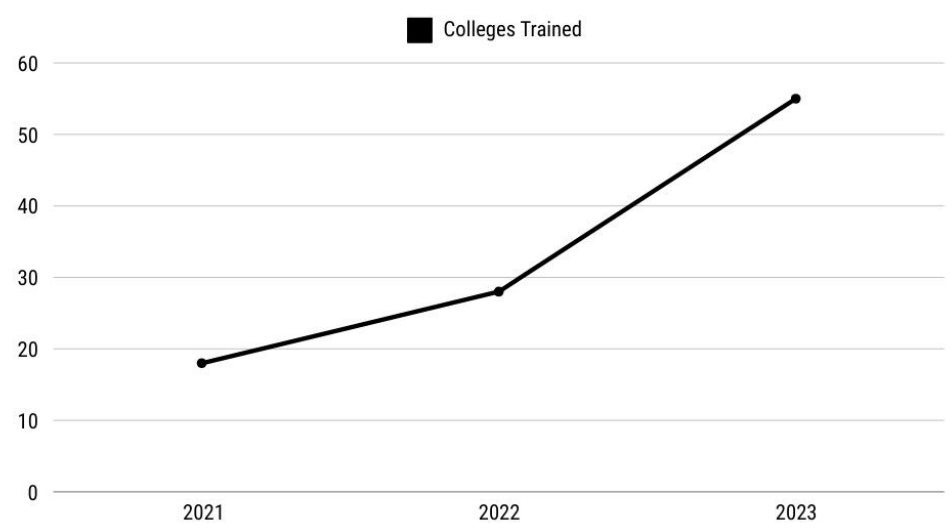
- 1,601 | Suicide and Behaviours
- 2,331 | Menopause for Managers
- 1,569 | Managing mental health in the workplace
- 2,723 | Menopause for Employees



TRAINING THE FUTURE

The Burnt Chef Project is dedicated to training hospitality & catering colleges around the globe because education is a powerful tool in shaping the future of the industry. By reaching students at the beginning of their careers, we can instil a strong foundation of mental health awareness, resilience, and well-being practices.

By equipping future chefs, managers, and hospitality workers with the tools and knowledge they need to support themselves and their colleagues, we are laying the groundwork for long-term cultural change in the industry.



55
Colleges trained in mental health awareness

2,045
College students trained

6
Different countries reached



“

I have a few students in that group that suffer from anxiety (declared on their original application form) your words of wisdom today have given them an insight into mental health in hospitality and how they can look after their wellbeing on a day-to-day basis, it was very informative

Lecturer

”

“

The training provided by TBCP gave our teams a deeper understanding of mental health, leaving them equipped with invaluable knowledge and tools to support themselves and their teams with compassion and confidence. The training was clear, informative without being overwhelming

Lecturer

”



“

I've learnt to speak about mental health so that it doesn't progress onto bigger issues in the future as the chef mentioned how his ex could've helped him deal with it instead, he chose to put up an act which caused his break up.... also, that exercise can really aid in easing mental health although it's hard it pays off

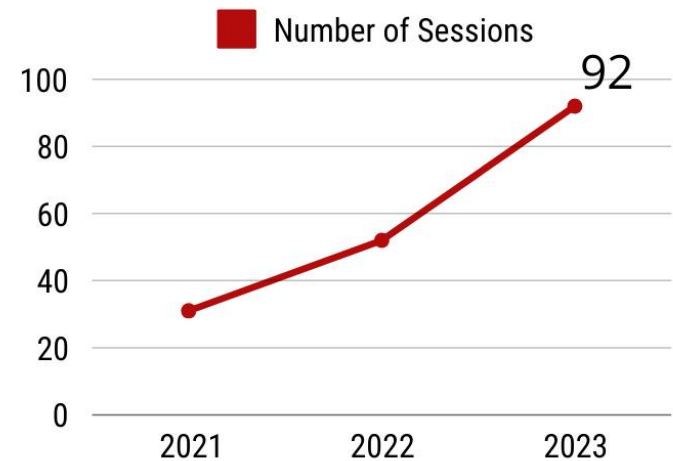
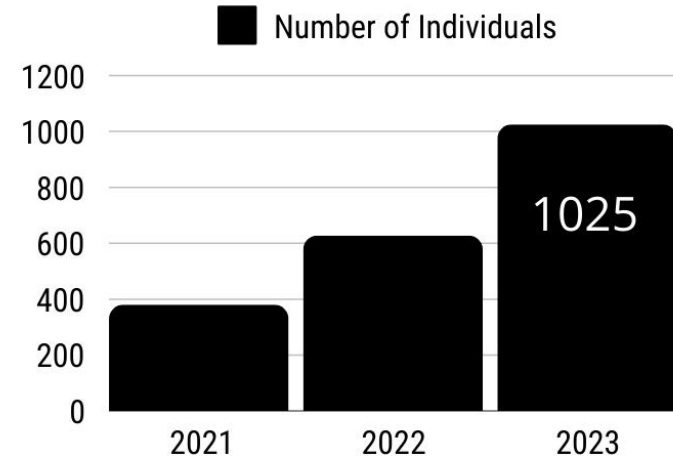
Student

”



Our training workshops are designed to equip hospitality professionals with the knowledge and tools necessary to manage mental health effectively, both for themselves and within their teams. These workshops are tailored to address the unique pressures of the industry, providing practical strategies that can be applied in real-world settings. The impact of our workshops continues to be significant.

Participants leave with a deeper understanding of mental health issues, greater confidence in supporting colleagues, and actionable steps to create a healthier work environment. By fostering open discussions and teaching resilience-building techniques, our workshops not only help individuals cope with the demands of their roles but also contribute to a more supportive and sustainable industry overall.



“

Now I can identify different mental health situations that I used to generalise thanks to this course. I think everyone should have this basic knowledge regarding mental health

”

Faiza
Wellbeing Champion Delegate

“

Knowing that I don't need to fix every situation and I have avenues to direct people towards. [I also learnt] how to deal with someone with anxiety and panic attacks. Recognising the signs of burnout and depression

”

Nicola
Managers Mental Health Awareness

Trainer: Sarah



80 managers and Mental Health Champions have been trained in mental health support via The Burnt Chef Project to equip them with the necessary knowledge to effectively support their teams.

The Belfry has also launched eLearning for all employees on ten different subjects around mental health resulting in employees completing over 2,300 Burnt Chef courses online such as sleep, suicide awareness, and substance abuse.



We've trained 1500 general and line managers in mental health, in partnership with Burnt Chef; wellbeing packs, posters, and wristbands have been shared with these pubs.

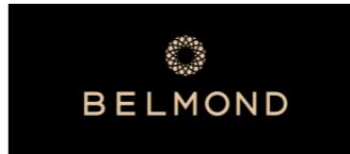
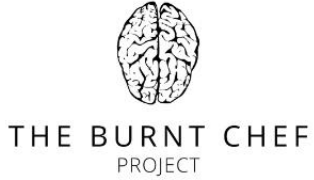
30 Marston's people took part in a fundraiser skydive and raised £14,000 for the Burnt Chef and began the journey of educating and training our workforce in mental health awareness.



Our strategic partnership with 'The Burnt Chef Project' amplifies our support, connecting learners to high-quality resources and extending the support, guidance, and mentorship provided by PLG.



PARTNERS WE'VE TRAINED



MENTAL HEALTH TRAINING

OUR SERVICES

AWARENESS



[The Burnt Chef Shop](#)



THE BURNT CHEF
PODCAST

[The Burnt Chef Podcast](#)



THE BURNT CHEF
SCHOOL
MESSAGE SCHEM

[International Ambassadors](#)



[Free College Talks](#)

EDUCATION



THE BURNT CHEF
LEADERSHIP APPRENTICE SCHEM



[Apprenticeships](#)



THE BURNT CHEF
ACADEMY

[The Burnt Chef Academy](#)



THE BURNT CHEF
SCHOOL

[Hospitality Mental Health Training](#)



MHFA England

[Mental Health First Aid](#)



[Suicide First Aid Training](#)



[Menopause for Managers](#)

SUPPORT



[The Burnt Chef Support Service](#)



THE BURNT CHEF
PROJECT
AMBASSADOR
SCHEME

[International Peer Support](#)



THE BURNT CHEF
SCHOOL

[Wellbeing & Therapy App](#)



[Global EAP and Trauma Support](#)



[Global Incident Support](#)

DATA



THE BURNT CHEF
SCHOOL

[Psychology Led Data Tool](#)



[Surveys](#)



[University and Whitepaper Reports](#)

FUNDRAISING



THE BURNT CHEF
SKYDIVE



THE BURNT CHEF
LONDON TO BRIGHTON

PRESENTING
LOVE HOSPITALITY

20/21 PLATHAM STREET LONDON



THE BURNT CHEF
SEA TO SUMMIT



THE BURNT CHEF
PROJECT



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THE BURNT CHEF
SUPPORT SERVICE

Text **BURNTCHEF** to **85258**

24/7 | FREE | CONFIDENTIAL

www.theburntchefproject.com

