

Work-Life Imbalance in the C-Suite: The Hidden Cost of Executive Success in 2025

New Executive Coaching Model Targets Burnout, Isolation, and Decision Fatigue Among Canada's Top Leaders



Ottawa, Ontario Jun 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - As corporate demands skyrocket in the post-pandemic economy, a silent crisis is escalating behind boardroom doors. Across major Canadian cities, including Toronto, Calgary, and Edmonton, top-level executives are increasingly grappling with burnout, work-life imbalance, and emotional isolation; all while being expected to lead with unwavering confidence.

“The traditional image of executive success is cracking,” says **Marc Whitehouse**, a Registered Social Worker and Executive Coach specializing in burnout support and leadership performance. “Many high-achieving men are privately admitting that their professional success has come at a deep personal cost including: missed time with family, chronic stress, and a growing sense of emotional disconnection.”

Recent surveys by global HR think tanks show that over 68% of senior executives in North America report feeling emotionally depleted or disengaged from their personal lives. The pressure to outperform, manage teams across time zones, and be available 24/7 has turned work-life balance into a luxury few can afford, especially for men in leadership who feel the added weight of cultural expectations to ‘stay strong’ and ‘push through.’

“Executives aren’t just burning out,” says Whitehouse. “They’re realizing they’ve built successful companies but lost access to their own internal sense of peace, purpose, and presence at home.”

Whitehouse's executive coaching practice — based remotely with clients across Canada has seen a 30% increase in demand from male CEOs, founders, and senior partners since January 2025. His clients often cite:

- Chronic overextension and difficulty unplugging
- Lack of emotionally safe spaces to talk through pressure and personal identity
- Relationship strain with spouses and children due to emotional unavailability
- A deep desire to reset how they lead and live to feel more authentic and fulfilled

The coaching model Whitehouse offers blends evidence-based psychology, leadership strategy, and social-emotional skill-building, tailored to men who want to maintain their ambition while reclaiming control of their time, health, and relationships.

What's Driving the Surge in Executive Burnout?

- **Perfectionism and control issues:** Difficulty trusting teams, leading to over-involvement
- **Work-home bleed:** Technology has removed personal boundaries entirely and even worse has become normal in numerous employment cultures
- **Lack of role models for emotional leadership:** Most executives never learned how to prioritize emotional health without guilt, because many of them were expected to hit the ground running and did not have the luxury to learn at a reasonable pace

The Solution? A Step-by-Step, Metrics-Driven Recalibration

"Executives don't need generic advice; they need someone who understands their world," Whitehouse emphasizes. "We co-create a structured path to reclaim their time, manage stress with neuroscience-backed tools, and build sustainable leadership habits, all while measuring progress every step of the way."

To Learn More or Book a 30-Minute Discovery Call:

Visit www.whitehousecounselling.com or email marc@whitehousecounselling.com

Follow on LinkedIn: <https://www.linkedin.com/in/marc-whitehouse-a38a7174/>

About Marc Whitehouse

Marc Whitehouse is a **Registered Social Worker and Executive Coach** with 13+ years of client-facing experience, specializing in burnout prevention, leadership development, and emotional resilience for high-powered professionals. He works primarily with male executives and entrepreneurs across Canada who are seeking personalized, data-informed coaching to regain balance and thrive at work and home.



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