

# Workplace Healing Journey Workshop:

How to Protect Your Peace, Restore Your Energy,  
and Reclaim Your Power at Work



**Katie Jean** is an ICF-certified somatic trauma-informed coach, HR professional, and founder of "Work is Not Family" — a movement that challenges modern workplace norms and helps people heal in the workplace, not just perform.

## TOPICS WE'LL COVER

- The behaviors at work that put your mental health and career at risk
- 4 workplace myths that keep people stuck and how to reframe them
- 4 strategies that protect your time, energy and peace - no matter where you work

## DETAILS & REGISTRATION

Wednesday, November 5, 2025, 6-7:30pm  
Ripples To Re-membering Wellness Center  
342 Sanford Rd. Alfred, ME  
Sliding Scale: \$15-\$30

**REGISTER HERE!**

For more information, contact Katie at  
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