

MAINTAINING MOMENTUM AND BALANCE IN THE COVID-19 ERA

The Power of 8!

How to start your day in balance.

Identifying and controlling your emotional triggers.

Using the preprogramming method to get the most out of the moment.

Deciding what must remain intact.

How to flip bad days to better.

The power of acceptance and commitment to turbo charge your work/life.

How to build and live out your work/life resiliency plan.

Drop it like it's hot! What are you willing to release to find more peace?



REBALANCING AMERICA AND BEYOND
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