



GOT BURNOUT?

Book Your Team "Wellshop" Now!

**PRACTICAL INTRODUCTION TO MINDFULNESS AND
SELF - LEADERSHIP FOR THOSE SERVING OTHERS**

FREE MINDFULNESS WORKSHOP WHEN YOU BOOK A CUSTOMIZATION CONSULT

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Syndrom
Aggressiv
Coach
Burnout
Stress
Frustration
Balance
Power
Pressure
Work
Personal
Life
Sleep
Disorder
Fear
Mind
Sickness
Exhaustion
Time
Pressure



INTRODUCTION TO MINDFULNESS WELLSHOP

Exploration of what
mindfulness really is and
how it can help you in
work and in life.

8/21

[Intro to Mindfulness](#)

TRAUMA- INFORMED FAMILY ENGAGEMENT

(GREAT FOR K-12, MULTI-SERVICE
AGENCIES AND ECE PROGRAMS)

Trauma Informed Family
Engagement and
strengthening.

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MIND YOUR IMPACT LEADER OR TEAM RETREAT

(CUSTOMIZATION INCLUDED)

A retreat to reconnect to
mission and purpose
together and gain some
new skills in the process.

Custom Date

[Book PD for Your Team!](#)

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