

*Where people strategy meets workplace reality.*

## You're not imagining it. And you're not the problem.

Something is wrong at work — and you've spent a lot of time wondering if it's you. It isn't. But knowing that doesn't make it easier to get through the week. I work with people navigating toxic, dysfunctional, or just deeply frustrating workplaces — helping them understand what's actually happening, why they're responding the way they are, and how to move through it without losing themselves in the process.

Does any of this sound familiar? *You've started dreading Monday by Saturday afternoon. You second-guess yourself constantly - even when you know you are right. You've been gaslit, dismissed or managed out of speaking up. You're exhausted in a way that a weekend can't fix. I can help.*

### HOW IT WORKS

#### Step 1: Name it accurately.

I help you identify the dynamic accurately — what's driving it, who's involved, and why the usual approaches haven't worked.

#### Step 2: Understand your response.

We look at how you've been reacting, where those patterns come from, and what they're costing you. Not to judge them — to give you more choices.

#### Step 3: Build language and tools.

Plain language. No jargon. Practical tools you can use in real situations — not just in the session.

#### Step 4: Move forward with a strategy.

A clear picture of what's in your control, what isn't, and how to make decisions that protect you — whether you stay, push back, or eventually leave.

### WHO THIS IS FOR

- People who feel trapped, gaslit, or worn down by their workplace — and need someone in their corner
- Professionals who are good at their jobs but can't seem to get traction in their current environment
- Anyone who has tried to fix it, waited it out, and is still stuck
- People who want clarity — not just validation

## LET'S TALK

Book a free consultation at

[oncehub.com/Unmanaged](http://oncehub.com/Unmanaged)

[unmanagedpeople.com](http://unmanagedpeople.com)

[elizabeth@unmanagedpeople.com](mailto:elizabeth@unmanagedpeople.com)

**The giveback model.** Every paying client makes it possible for someone who can't afford this work to get it anyway. I reserve a portion of my practice for pro bono sessions with individuals navigating difficult workplace situations on their own — people who need someone in their corner and have no access to that kind of support. **I tend to work with people who believe that matters.**

### BACKGROUND

26 YEARS IN HR LEADERSHIP AND STRATEGY

MANUFACTURING | EDUCATION | MEDICAL | GOVERNMENT | NONPROFITS | STAFFING | SERVICES | RETAIL + MORE

MASTER'S OF JURISPRUDENCE | LABOR AND EMPLOYMENT LAW | TULANE UNIVERSITY