

Manage Your S.E.L.F. in Times of Change & Crisis

"The only constant in life is change." (Heraclitus)

In many jobs—in LIFE, for that matter—change and crises are par for the course. Especially if you work in a highly stressful, fast-paced environment, you know how to juggle multiple crises simultaneously while maintaining a professional demeanor.

Yet sometimes, it just becomes too much. You hit a wall. How can you continue to achieve a high standard of excellence AND take care of yourself?



In this session, communication and life coach Rachel Beohm will show you how to manage your Stress, Energy, Load, and Framework to improve your wellbeing.

You will discover:

- How to change your relationship with stress
- Mindset shifts and tools that can adjust your perspective
- Simple ways you can boost your mood and energy levels throughout the day
- Personal values that help or hinder attempts at self-care
- And more!

**CHANGE YOUR COMMUNICATION,
CHANGE YOUR LIFE.**