



" Compassion for others begins with kindness to ourselves."

Are you feeling frustrated, hopeless, or in other ways professionally burnt-out? Do you give your heart and soul to others, but sometimes miss opportunities to take care of yourself? Relax. Portage Coaching is here to support you.

The key to transforming the danger of burnout into an opportunity for growth is uncovering what specifically is causing your feelings of burnout, and creating an action plan for restoring the passions, vision, and sense of purpose that led you to your chosen field.

Coaching provides that opportunity to refresh, rebuild and renew yourself to become more effective and successful in your professional and personal life. Through the coaching process, learn to:

- Identify and eliminate the warning signs of burnout
- Practice effective time management skills
- Maintain focus and create an authentic vision for your life
- Enhance your career by creating synergy with your values
- Gain clarity about the optimal way to recharge your energy, enthusiasm and commitment

Join us for a 2 hour group coaching class on September 26 from 7-9 pm at the Postpartum Resource Center. A portion of your participants fee will be donated to support the mission of PPRC. Workshop Fee \$45

Portage Coaching
www.portagegroup.com
516-712-4911 or

Postpartum Resource Center New York
631-422-2255

