## Next Level Your Life and Leadership



Join executive coaches Sara Ellis
Conant & Amy Chiang for a firsthand experience of the
transformational power of
coaching and some practical tools
to take your life and leadership to
the next level!





**When**: Thursday, September 26th, from 4:00 to 6:00 pm **Where:** Werqwise San Mateo, 4 West 4th Ave. San Mateo Drinks and appetizers will be served at our beautiful rooftop setting (weather permitting).

Scan the QR code to access your invite!



# Thank you!

#### **Your Point of Contact:**

Sara Ellis Conant CEO and co-founder sara.ellis.conant@a-plancoaching.com





### Cathleen's contact information



Cathleen Clerkin

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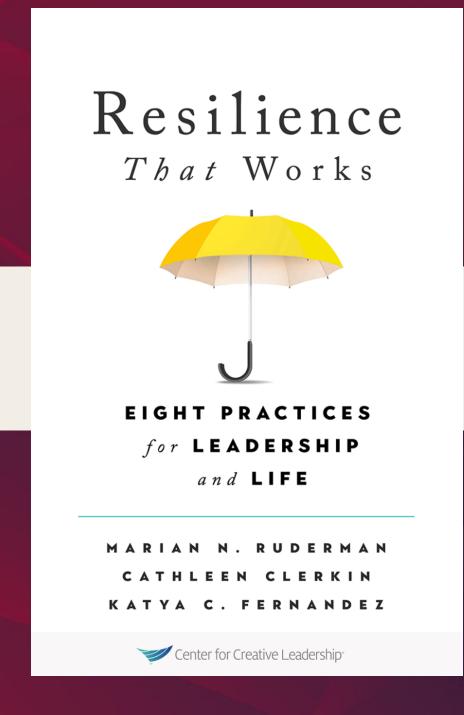
https://www.linkedin.com/in/cathleenclerkin/



#### Cathleen's additional resources



- Resilience that works book
- Building leadership resilience white paper
- The stories we tell white paper
  - Why we're all burned out blog article
- Negativity bias blog article







## Follow up with Theo...



Theo Ellington

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