

# Next Level Your Life and Leadership



Join executive coaches Sara Ellis Conant & Amy Chiang for a first-hand 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](mailto:sara.ellis.conant@a-plancoaching.com)



**a) plan**  
COACHING



# Cathleen's contact information



**Cathleen Clerkin**

*Associate Vice President  
of Research, Candid*

[Cathleen.clerkin@candid.org](mailto:Cathleen.clerkin@candid.org)

<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](#)

## Resilience

*That Works*



**EIGHT PRACTICES**  
*for LEADERSHIP*  
*and LIFE*

MARIAN N. RUDERMAN  
CATHLEEN CLERKIN  
KATYA C. FERNANDEZ

 Center for Creative Leadership



# Follow up with Theo...



**Theo Ellington**

*Founder, Black Citizen*

*Policy Director, Brownstein*

[theo@blackcitizen.org](mailto:theo@blackcitizen.org)

<https://www.linkedin.com/in/theo-ellington/>

[www.BlackOnBothSides.org](http://www.BlackOnBothSides.org)