

JANUARY GROUP COACHING

For Healthcare Employees in Dane County

These one-hour long sessions serve as a transformative tool focused on:

- **Prioritizing Self-Care:** Reclaim time and energy for personal wellness.
- **Enhancing Relationships:** Reduce interpersonal conflicts at home and work.
- **Boosting Confidence:** Elevate self-esteem and personal assurance.
- **Accelerating Recovery:** Decrease post-work recovery time for optimal rest.
- **Easing Decision Fatigue:** Experience a lighter mental load and clearer choices.
- **Fostering Connection:** Increase your sense of belonging within your community.
- **Enhancing Focus:** Improve concentration and productivity.
- **Embracing New Opportunities:** Welcome and invite enriching experiences into your life
- **Empower your journey!**



Group coaching will be held several times per month at various locations in Dane County through March 2025 at **no cost to participants**. Limited childcare stipends are available.

January In-Person Coaching

- **Thursday, January 9th, 2025**
12pm @Lakeside St. Coffee House
- **Tuesday, January 14th, 2025**
5pm @ Fitchburg Public Library
- **Wednesday, January 22nd, 2025**
4:30pm @Wil-Mar Neighborhood Center
- **Monday, January 27th, 2025**
6pm @Middleton Public Library

January Virtual Group Coaching:

- **Saturday, January 11, 2025**
9:00am
- **Tuesday, January 14th, 2025**
9:00am

Scan the QR code to
register and see
additional details.

