

# FEBRUARY 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.

### February In-Person Coaching:

- **Saturday, February 1st, 2025**  
9am @ Waunakee Public Library
- **Thursday, February 6th, 2025**  
12pm @ Fitchburg Public Library
- **Tuesday, February 18th, 2025**  
9:00am @ Madison Public Library Rm 104
- **Monday, February 24th, 2025**  
4:00 pm @ Middleton Public Library

### February Virtual Group Coaching:

- **Tuesday, February 18th, 2025, 5pm**
- **Wednesday, February 19th, 2025, 7pm**

Scan the QR code to  
register and see  
additional details.

