



Nora Plesent



# FROM WOE TO FLOW:

## A BURNOUT PREVENTION PROGRAM FOR PROFESSIONALS

Women professionals are at particular risk for burnout because that they are often balancing the heavy demands at the firm in addition to carrying the load at home, caring for children, spouses, aging parents and household responsibilities. They suffer from the worry, overwhelm and exhaustion that comes for doing too much, for too many others, for too long.

This **WOE TO FLOW PROGRAM** offers tools to become calmer and clearer while managing competing demands and responsibilities. Participants will leave feeling more at peace and connected with themselves and others.



### FROM WOE (WORRY, OVERWHELM, EXHAUSTION) TO FLOW PROGRAM

**WORRY-** Do you feel tense much of the time? Are you often worried? Does your mind go from a minor concern to a horrible scenario in a matter of seconds? Are you able to break the cycle of worry?

**OVERWHELM-** Does it feel like you are carrying the weight of the world on your shoulders? Do you feel like one more thing responsibility would put you over the edge? Do you find yourself forgetting to breathe? Does it feel like you are under water, unable to come up for air? Do you want to learn how to unburden yourself and find a little space for yourself?

**EXHAUSTION-** Do you live in a state of exhaustion? Does sleep often elude you at night? Does your mind race when you get into bed? Do you miss out on experiences because you are so tired? Do want to feel more alert and present in your own life? Is it time to take better care of yourself?