



THE CENTER FOR
Clarity, Compassion & Contentment
find your center

Kim Perone

Center4C
Wellbeing Coach, Consultant
& Mindfulness Facilitator



COACH ON CALL

Employee assistance just got more effective.

**EMPOWER YOUR EMPLOYEES AND YOUR ORGANIZATION
WITH RETAINED HOURS OF COACHING AS EMPLOYEE
ASSISTANCE PROGRAMMING, A BENEFIT FOR ATTRACTING
AND RETAINING TALENTED AND VALUED STAFF, AND
CREATING A CULTURE OF COMPASSION.**

At any given moment, one of your employees is struggling and in need of help.
You deserve help too.

Together, we can cultivate wellbeing and secure a brighter future for your
organization and staff.

1:1 confidential coaching sessions
Group webinars, workshops, training
Videos, podcasts, guided meditations
Wellbeing focused programs
Mindfulness programming
Bereavement & resilience coaching
Coaching managers to become good coaches

CONTACT ME TO SCHEDULE A CONSULTATION:

KPERONE@CENTER4C.COM

**OR AUTOMATICALLY SCHEDULE A ZOOM OR PHONE MEETING TO DISCUSS
CALENDLY.COM/KIMPERONE**

Find your center with Center4C
To see a full list of programs visit center4c.com

COACHING SEMINARS, WEBINARS, WORKSHOPS, TRAINING, & RETREATS FOR THE WORKPLACE

Webinars / Seminars (1 hour)

Addressing Burnout & Improving Wellbeing: Find Your Center

Wellbeing@Work

Transform Your Stress

Mindfulness 101

Mindful Leader or Mindfulness Program – 8 sessions

Coaching Happiness

Self-Care Planning

Self-Compassion

Resilience

Grief in the Workplace

Four Quadrants of Wellbeing: Debrief, Relief, Grief & Belief

Find Your Center: Staying Grounded in a Time of Uncertainty

The Coach Approach (for managers)

Cultivating Your Inner Life Coach

Workshops (Half-day)

Wellbeing@Work: 6 Elements of Wellbeing

Live by Design (not default) life planning workshop

Mindfulness Program

Culture Talk: Working with Archetypes

Retreat (Day long)

Stressed, Obsessed & Blessed (Speed Coaching) Retreat

Organizational Support

Coach on Call employee assistance program

Team Building

Culture Talk

Coaching Managers

Interpersonal Conflict Coaching

Compassionate Leadership

SCHEDULE A CONSULTATION

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Kim Perone, MA, CLC is a Wellbeing Coach, Consultant & Mindfulness Facilitator and founder of The Center for Clarity, Compassion & Contentment (CENTER4C). Kim works with organizations and individuals to offer essential skills for today. A personal strategist, philosopher, and champion for her clients, specializing in burnout recovery, stress reduction, mindfulness, work life balance, bereavement, resilience, and authentic success, Kim is a Certified Life Coach, with an Master's degree in Organizational Communication, Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, Culture Talk Certified Partner and author of Finding Your Center: The Case for Clarity, Compassion & Contentment (available on Amazon) and podcaster for Find Your Center with Life Coach Kim Perone and co-host of the Slightly Unmeditated podcast available wherever you get your podcasts. It is Kim's belief that when clarity, compassion, and contentment are present an inspired life is possible.