

# 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.