



## Kim Perone, MA, CLC, Wellbeing Coach & Consultant

Kim is a personal strategist, philosopher, and champion for her clients, specializing in burnout recovery, stress reduction, mindfulness, work/life balance, bereavement, resilience, and authentic success. She 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 and host of the Find Your Center with Life Coach Kim Perone podcast.

# KEYNOTE SPEAKER SHEET

**Are you feeling burnt out? Do your leaders, members, or staff feel overwhelmed? Are you interested in leading with mindfulness and compassion? Would you like to improve morale and productivity?**

**Want to feel great while accomplishing great work in 2023 and beyond?  
Here's how...**

**Kim works with organizations and individuals to offer essential skills for today.** It is her belief that when clarity, compassion, and contentment are present an inspired life is possible. As an experienced coach, keynote speaker, retreat coordinator, and wellbeing facilitator, Kim can bring her insight, enthusiasm, and experience directly to your audience to address important and timely topics like:



- **Addressing Burnout & Improving Wellbeing**
- **Wellbeing @ Work:** Create a foundation for you and your team (or family)
- **Four Quadrants of Wellbeing:** Debrief, Relief, Grief, and Belief
- **The Coach Approach:** Essential skills for today's managers
- **Compassionate & Mindful Leadership**

**Webinars, presentations, or follow-up programming is also available, including:**  
Transform Your Stress, Mindfulness 101, Resilience, Self-Compassion, Coaching Happiness, Live by Design, Not Default life planning workshop, professional Workplace Mindfulness Program, Wellbeing @ Work series and Stressed, Obsessed and Blessed Retreat (speed coaching/mindfulness exercises/tools).

### Ideal Audiences

- Organizations – all staff, leaders, departments
- Association conferences
- Industry association training meetings
- Business team retreats

### What attendees learn

- Stress reduction techniques
- Essential tools to support mental health
- A framework for continued wellbeing
- Finding flow and productivity at work
- How to help themselves, their teams, and families find clarity

## BOOK TODAY TO ENSURE AVAILABILITY

Contact Kim Perone, MA, CLC, CWMF, Wellbeing Coach/Consultant and Mindfulness Facilitator and founder of The Center for Clarity, Compassion & Contentment (CENTER4C) at:  
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