



With humor and insight
Wellbeing and Performance Coach Kim Perone shares...

Top 10 things you NEED to know this year!

Reflections from a decade of coaching

Have you been wondering...

- Why we can't focus
- Why we can't communicate
- Why we are annoying each other
- Why we are blowing our "fuses" more often than ever
- Why we are burnt out
- Why we lack energy
- Why we feel insecure
- Why we can't find peace
- Why we are wrong about some things but think we are right



THE CENTER FOR
Clarity, Compassion & Contentment
find your center



...and losing hope and hiding it?

Kim Perone, MA, CLC, CWMF is a Wellbeing & Performance Coach, Trainer and Consultant, and Certified Workplace Mindfulness Facilitator at the Center4C (The Center for Clarity, Compassion & Contentment). Kim works with business professionals and organizations offering a coaching form of employee assistance. This compassionate coaching meets individuals where they are and teaches essential skills for today. A personal strategist, philosopher, and champion for her clients, Kim specializes in communication, self-awareness, burnout recovery, stress reduction, mindfulness, productivity, bereavement, resilience, and meaningful progress in life.

Kim is a Certified Life Coach (CLC), with a Master's degree in Organizational Communication, Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, Culture Talk Certified Partner, T.E.A.M. Communication Styles® trainer, and author of *Finding Your Center: The Case for Clarity, Compassion & Contentment* (available on Amazon).

It is Kim's belief that when clarity, compassion, and contentment are present an inspired life is possible. For more information, feel free to contact Kim at Kperone@center4c.com, (518) 301-3593, www.Center4c.com, [Calendly.com/kimperone](https://calendly.com/kimperone)



To celebrate a decade in coaching, I have created this program to describe how we've been hacked and how to get our hope back!

As stress and burnout abound, this Top 10 recognizes what affects us most as human beings living the messy human experience. Even in the best of times, life is not easy. Audience members will laugh, find many "aha moments", and leave with tools to find their way back from the edge of sanity to wellness.

What you will learn from this program:

10. **Wellbeing** - demystified and clarified
9. **Self-Awareness** - how to dip beneath the surface
8. **Stress Reduction** - real tools to use
7. **Communication** - we don't want to keep missing the mark
6. **Intellectual Humility** - how we are wrong more than we think
5. **Common Humanity** - "just like me" perspective to heal division
4. **Connection** - belonging and community
3. **Mindfulness** - the present is a gift and a stress reliever
2. **Productivity** - we need and want a sense of accomplishment
1. **Meaning** - how to find our way back to what matters so we can get to what is REAL!



If this speaks to YOU or ANYONE you know, you won't want to miss this! NEW skills, NEW knowledge, and NEW empowering perspectives to address the messy human experience and get your hope back!

