



Celebrating 10 years of meeting the needs of individuals and organizations!

It's the support you have been looking for.
Personal and professional aimed at supporting overall performance.
Use the QR code above to hear a video message from me.

COACH ON CALL

At any given moment, one of your employees is struggling and in need of help. You deserve help too. Coach on Call is a coaching form of employee assistance.

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
- Supporting high performance habits

A membership site with videos, articles, life coaching podcast episodes, meditations, and other resources is included in the Coach on Call program.

kperone@center4C.com or automatically schedule a zoom or phone meeting via [CALENDLY.COM/KIMPERONE](https://calendly.com/kimperone)

I am a real person! To view a sample employee welcome ----->



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)

New! The Top 10 Things You Need to Know This Year: Reflections on a decade of coaching

Addressing Burnout & Improving Wellbeing: Find Your Center

Wellbeing@Work

Transform Your Stress

Coaching Happiness

Self-Care Planning & Self-Compassion

Resilience

Grief in the Workplace

Mindfulness 101, Mindful Leader or Mindfulness Program – 8 sessions

Find Your Center: Staying Grounded in a Time of Uncertainty

The Coach Approach (for managers or for everyone)

Workshops (Half-day)

Wellbeing@Work: 6 Elements of Wellbeing

Live by Design (not default) life planning workshop

Culture Talk: Working with Archetypes

Mindfulness Program

Retreat (Day long)

A Lighter Life Retreat

Organizational Support

High Performance Habits

Communication

Team Building

Culture Talk

Coaching Managers

Interpersonal Conflict Coaching

SCHEDULE A CONSULTATION

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Kim Perone, MA, CLC, CWMF is a Wellbeing & Performance Coach, Consultant & Mindfulness Facilitator at 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, communication, bereavement, resilience, and high performance, Kim is a Certified Life Coach, with a 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.



It is Kim's belief that when clarity, compassion, and contentment are present an inspired life is possible.