



WHOLENESS  
AT WORK

# GUIDED WHOLENESS CIRCLE



The *Wholeness At Work* self-guided coaching program addresses the specific challenges of burnout for leaders by teaching sustained performance, real wellbeing, and positive impact in your work and life. You will learn the science behind burnout symptoms, gain a comprehensive understanding of its sources, and discover personalized solutions to the chronic power stress of burnout.

For those who want to experience *Wholeness At Work* through a connected community experience, we offer the *Wholeness At Work* Guided Wholeness Circle. You will join an **intimate group of leaders** on a learning path of discovery as you unravel individual causes of burnout and explore lasting solutions. Using the evidence-based practices of *Wholeness At Work*, this **12-part facilitated process** promises depth, intimacy, and real transformation in how you relate to your work. We offer **quarterly cohorts, which meet every 2 weeks, for a 75-minute guided exploration** of specific, curated topics. The total duration of each cohort lasts for 6 months



Upon registration, you will receive your own copy of the self-guided *Wholeness At Work* coaching program.

**THE INVESTMENT FOR  
THIS POWERFUL  
EXPERIENCE IS \$3,495.**

The *Guided Wholeness Circle* series has revealed some of the sources of burnout in my personal and work life and after last year, this program has been a lifesaver! I especially value being part of a group of like-minded leaders; we have created amazing synergy as we have navigated some of the tough issues we face in our organizations. Erin's expert guidance has brought the *Wholeness At Work* program to life and I especially appreciate the mind/body exercises she has introduced into my life, such as meditation and journaling.

*Nathan Chappell, DonorSearch*