

DEVELOPING YOUR EXTREME SELF-CARE ROUTINE

Sarah Uchytal

Sarah Uchytal is a dynamic International Coach Federation (ICF) Professional Certified Coach (PCC), Connector and Change Maker. She works with individuals on topics including empowered leadership, personal development, life balance, energy management, career transition, professional branding, LinkedIn presence, networking strategies, interview skills, salary negotiation, and goal setting. Sarah incorporates meditation into her coaching sessions to encourage her clients to grow and stretch even further than they thought possible. Since 2017, Sarah has created and led 24 wellness retreats including yoga, meditation, life coaching, energy management and goal setting.

Join this fun interactive discussion as we talk about ways to take the best possible care of ourselves. Now more than ever it is so important to keep our energy drains low and our self-care high. You will walk away from this session with awareness of your physical, emotional, and mental energy drains. Coach Sarah will also share ideas for developing your daily, weekly, monthly & annual self-care plan.

Learning Objectives:

1. How to be aware of energy drains
2. The top physical, emotional, and mental energy drains
3. How to develop a personalized self-care plan

