

Roadmap to Wellbeing

For Nonprofit Leaders

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Wednesday, December 10, 9:00 a.m. - 3:30 p.m.
State Education Resource Center of Connecticut - SERC
175 Union Street, Waterbury

Nonprofit work is demanding. As the sector continues to serve the community in the face of rising need and stress, it's important that the people doing the hard work take time to address their own wellbeing.

Connecticut Community Foundation invites nonprofit leaders to join this free session where participants will be facilitated through a proprietary coaching process called the Results Roadmap™.

They will create a personalized roadmap which identifies key outcomes, goals and a critical path of steps for success in improving their overall health and wellbeing. They will also create a 90-day action plan for implementing wellbeing practices into their work and life. Participants also have an opportunity to reflect on their Core Values and explore making healthy decisions based on what's important to them.

Our trainer:



Alicia Davis is an owner/partner in Transformative Leadership Strategies. She brings over 30 years of wellbeing and leadership development experience in a variety of fields including holistic healthcare, non-profits, insurance, engineering, and corporate. Alicia creates dynamic coaching and teambuilding experiences for leaders at all levels of an organization that addresses challenges such as organizational culture, team alignment, change management, communication, and high stress.

This session is free to attend. **Please register below by Friday, November 7** to save your spot.

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"*" indicates required fields

Step 1 of 3

33%

Registrant

(More attendees can be added in the next step.)

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Name

First Last

Email*

Email Address

Cell Phone*

Occupation/Organization/Business (optional)

Next

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