

DEMYSTIFYING SELF-CARE: WHY IT'S CRUCIAL TO YOUR SUCCESS



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DESCRIPTION

Self-care is probably not the first thing that comes to mind when you think about how to improve your business. But, it can be crucial to your success. You might be wondering: How? Can it really improve my relationships with clients and make my organizing sessions more effective? Yes, self-care is key. You can't help other people if you don't take care of yourself, and you can't be effective at organizing sessions if you're running on empty.

Lauren Mang of Let Me Organize It will demystify the terms “self-care” and “holistic organization,” and will also identify seven holistic tools you can begin using immediately during client sessions. Additionally, attendees will learn how to implement strategies to juggle multiple client projects in a day, and how to set your clients - and therefore your business - up for success in the long run. You'll wonder how you went this long without self-care strategies!

OBJECTIVES

- Learn what “holistic” organizing really means.
- Discover what “self care” really means.
- Explore seven holistic tools to use yourself or with clients.
- Identify strategies to use when juggling multiple clients or projects in a day.
- Implement strategies to set your clients - and therefore you - up for success.

OTHER TOPICS

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