

WOMEN IN LEADERSHIP

Join Host, **Simone Müller**, for our upcoming international roundtable session which will focus on...

- Identifying patterns that lead to overwhelm
- Understanding why we fall into these patterns
- Developing self-care routines by being true to oneself



This initiative supports the UN SDG: 'Gender Equality'



Join us on Zoom for
**THE
OVERWHELM
TRAP**

Tuesday, 19th July
16:30 – 18:00 BST

08:30 PDT / 11:30 EDT
/ 17:30 CEST

With guest speaker.. **Kim Nicol**

Kim is a certified coach and host of The New Manager Podcast. She coaches emerging leaders to live and work more mindfully. She leads mindfulness workshops for start-ups and global organizations. Kim is also a meditation teacher, and a former lawyer. She completed coach training at University of California, Davis and The Life Coach School. She lives in San Francisco.



Initiatives of Change
United Kingdom