HEALTH LINKS Education

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On-Demand Webinar **Available Until December 10!**

The Emotionally Exhausted Woman



Nancy Colier, LCSW



Description:

Are you feeling emotionally exhausted? Are you trying to do it all and be it all–all the time? Do you worry about being likeable, sometimes at all costs? If you're like countless other women today, you probably feel overwhelmed, emotionally exhausted, anxious, stressed, frustrated, or unsatisfied. Or all of the above! In addition to managing your own career and running a household, you may be taking on an abundance of emotional labor–tending to others' needs at the expense of your own. If you've spent your whole life trying to please and manage other peoples' experience, it's time to speak your truth out loud, stand in your own shoes, and live an authentic life–rather than just behave. Join therapist and spiritual teacher Nancy Colier for our webinar on The Emotionally Exhausted Woman. As women, we are culturally conditioned to believe that we should be able to do it all and should be all things to all people–and needing nothing for ourselves. At the end of the day, these pressures can leave us feeling depleted–in body, mind, and spirit. So, how can you start taking care of you in a deeper way? This empowering webinar will help you gain a newfound awareness of your own needs, and will help you start to find the courage to live a life that both nourishes and inspires you

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