



How do we, experienced professionals, *create expanded capacity* to reconnect to what matters and revitalize our impact?

By experiencing An EPIC Sabbatical

**E = Experienced**

**P = Professionals**

**I = Igniting**

**C = Change**

When we get above the tree line, we can develop breakthrough strategies to shift our (and our teams) energy and impact, professionally and personally. We all level up.

In 2024 I am thrilled to offer EPIC Sabbaticals to others looking to design a way forward filled with strength and vitality.



Here are a few of my breakthrough, integrated strategies:

- *Developed my purpose statement & clarified my body of work*
- *Completed my first two triathlons*
- *Reinvented the relationship with my young adults*
- *Built a community for success and support*

**Sabbatical Participant Outcomes:**

- *RECONNECTED TO WHAT MATTERS*
- *REVITALIZED ENERGY*
- *REVISITED INTERNAL COMPASS TO CLARIFY DESIRED IMPACT*

**What is an EPIC Sabbatical?**

- A flexible, personalized experience for experienced professionals **by** an experienced professional
- 3-phase, 1:1 guidance: Planning, Time Away, Re-Entry
- The “best of” 30 years of adult professional development activities & prompts

## What do EPIC Sabbaticals offer you and your team?

- 8-12 weeks away from your day-to-day work demands
- A proprietary guidebook with prompts to reconnect to what matters
- A concierge supporting your goals at milestones (neutral thought partner)
- Your expanded capacity will “level up” your (and your team’s) future performance

## What do they offer your organization?

- An innovative talent retention and succession planning strategy
- An ability to leverage refreshed talent in new capacities
- A “leveled up” capacity of both the leader and their team

## How do I know an EPIC Sabbatical is for me?

You are:	Your organization:
<ul style="list-style-type: none"> <li>● Aware that you need a break</li> <li>● Wanting to revisit what matters</li> <li>● Interested in developing integrated renewal and growth strategies</li> <li>● An experienced professional with a growth mindset</li> <li>● Open to reflection activities and experiences</li> </ul>	<ul style="list-style-type: none"> <li>● Supports employee well-being</li> <li>● Advocates for innovative talent attraction, retention, and succession planning</li> <li>● Is open to re-entry considerations</li> <li>● Offers 8-12 weeks leave of absence</li> </ul>

## Q&A:

### How and when will we work together? During 3 stages:

- Planning - We will ensure your leave time is well spent by leveraging pro tips.
- Time Away - Using a flexible, proprietary guidebook, I’ll be your concierge meeting you at milestones with reflection discussions.
- Re-Entry - Intentional actions and mindsets are critical to step back in with vitality.