

Join my 6 week online program Focus and Thrive

LEARN HOW TO:

- ✓ **REDUCE THE OVERWHELM**
- ✓ **LEVERAGE YOUR STRENGTHS**
- AND
- ✓ **ENHANCE YOUR PERFORMANCE**

Are you feeling overwhelmed and exhausted all the time?

Do you often find yourself saying yes when really you want to say no?

Is your diary back to back with meetings with *no time to do your actual work*, never mind take a lunch break?

YOU WILL GET:

6 weekly hour long sessions so that you can watch and learn flexibly at your pace.

PLUS.....

Live and bespoke weekly Q&A with Dr Lisa Ahmad to support your progress and help you implement long lasting change.

Join today and receive an early bird discounted rate of £549.00
info@drlisaahmad.co.uk



If you are struggling to manage the overwhelm and want to switch back to doing high leverage impactful work then this course is for you. Using values congruent boundaries you will learn to easily maintain a high achieving, purposeful balance without burning out.

This self paced course will take you through the tangible actions and specialist frameworks along side bespoke live access to ensure the course fits your needs.

Dr. *lisa ahmad*