



EMILY ROGERS

CONSULTING + COACHING

Grow.

TAKING CARE OF BUSINESS AND YOURSELF



8 GUIDING PRINCIPLES
FOR HOW TO
TAKE CARE OF BUSINESS AND YOURSELF



1. Practice radical self-care



2. Re-think your after work transition routine



Describe your favorite ways to practice self care.

Describe the after work transition routines that work best for you and your loved ones.



3. Talk about the hard stuff and why it's hard



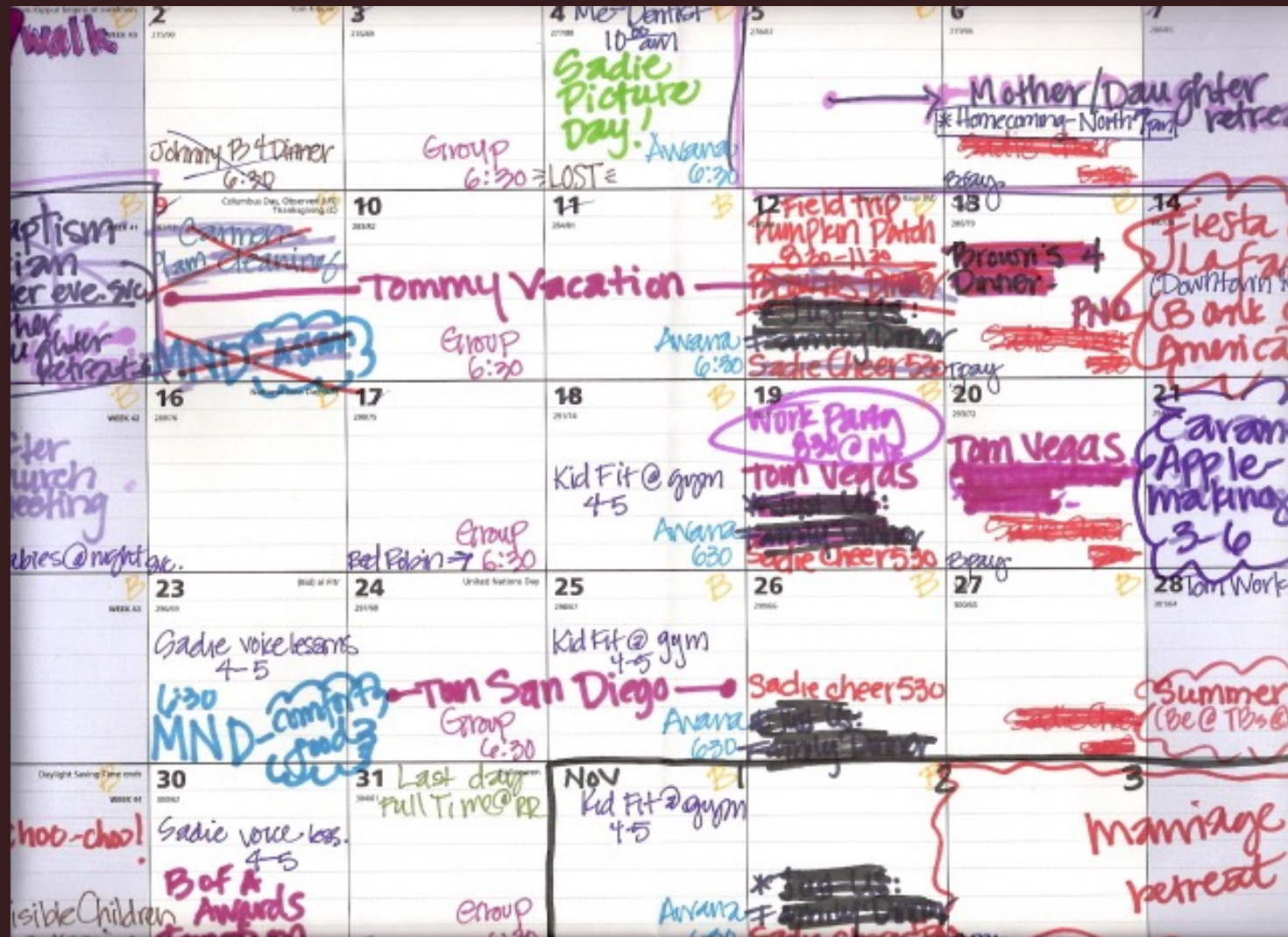
4. Stop multitasking

"It turns out multitaskers are terrible at every aspect of multitasking.

They're terrible at ignoring irrelevant information; they're terrible at keeping information in their head nicely and neatly organized; and they're terrible at switching from one task to another."



5. Redefine your relationship with your calendar



6. Make more time for the things that bring you joy



7. Pause and renew regularly



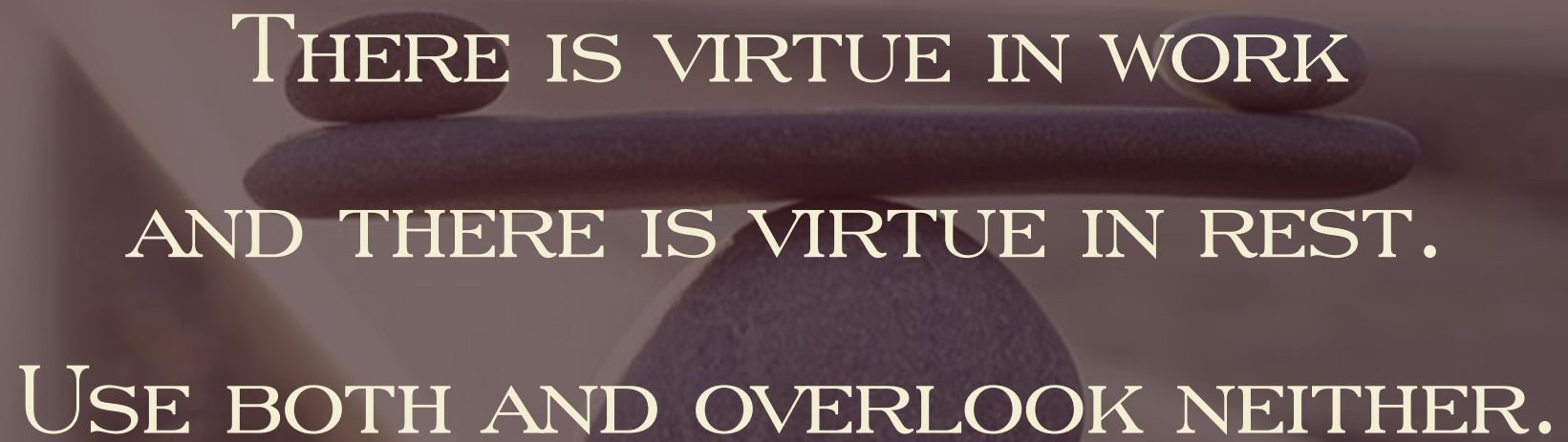
Is there anything in your life or work that needs to
go on pause right now?

Where would pausing allow space for more joy?



8. Give yourself and others more grace





THERE IS VIRTUE IN WORK
AND THERE IS VIRTUE IN REST.
USE BOTH AND OVERLOOK NEITHER.

~Alan Cohen, author of *A Deep Breath of Life*





We strategically advise and support organizations and individuals in growing and realizing their full potential in purposeful and balanced ways. We offer:

- Executive coaching
- Team coaching & development
- Leadership development training
- Strategic planning facilitation
- Keynote speaking
- Assessments for individuals & teams
- Life, career & business coaching

