

Peaceful and Present: Managing the Holiday Season

Webinar • November 12, 2024 • Noon ET/9:00am PT

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The holiday season can be joyful, but it can also be challenging. Whether you're caring for aging relatives, juggling the demands of parenting, or dealing with the absence of a loved one, you might find yourself feeling overwhelmed. If this sounds familiar, this session is for you.

Join Letisha Bereola, back by popular demand, for practical, no-nonsense strategies to make the season more manageable and enjoyable. No spa day suggestions here, just down-to-earth tips that can make a difference. Sign up for free today.



Speaker

Letisha Bereola

Life and Career Coach

Letisha Bereola is a coach and founder of Paradigm Media Group where she helps mission-driven brands and individuals find their voice and elevate it. Before her coaching career, Letisha was an award-winning TV News Anchor in Florida and Alabama. In addition to working with clients 1:1 and in group coaching sessions, she produces and hosts empowering content for TheGrio and her podcast AUDACITY. Letisha is a founder, speaker, coach and media personality but her most important roles are mom to two small children, Ava and Miles, and wife to her college sweetheart.