



**SEPTEMBER 28, 2019**  
**EMBRACING WELLNESS:  
PROFESSIONAL WOMEN  
PRIORITIZING SELF-CARE AND WORK-  
LIFE BALANCE**

**Join Dr. Dacia P. Hastings Proctor, TheTalkDr for an exciting interactive wellness seminar**

Professional women in demanding, high-level positions or those in positions with public and collegial scrutiny, often face a great deal of pressures, stress, and challenges with balancing work and life. They often find that their own self-care ends up at the bottom of the list. Lack of prioritizing health and wellness can lead to health issues, and other mental health challenges.

Embracing wellness means owning your health and taking control of what happens in your life in spite of the pressures and responsibilities of life. This 2-hour seminar and motivational talk, will provide you with information and methods on how to prioritize work-life balance and develop a mindset to live physically and emotionally well.

What you will gain:

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Understanding of the unique stressors of busy professionals and key work-life balance strategies

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Understanding of the signs and symptoms of compassion fatigue and burnout and the impact on well-being

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Understanding of the four pillars of best health and key ideas for prioritizing them

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How to incorporate strategies to re-energize during long stressful days

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