



# Positively Actionable 2nd & 4th Weds 9:30 - 11am

## BUSINESS EDUCATION

### Career Growth When You're Most Vulnerable

Wed, Nov 8, 9:30 - 11

Speaker:  
**Allison Johanson** of Supported Change, PLLC



emcee Paul Soucek  
coordinator Linda Frelstedt  
media Ben Brown  
social media Laura Pence Attencio  
founder Dru Shockley

info:BoostBizEd.com



**Wednesday, November 8, 9:30 - 11am**

DaVinci Institute, 9191 Sheridan Blvd., 3rd Floor, Westminster, CO

## Career Growth When You're Most Vulnerable

This talk will share 7 techniques you can use to continue career momentum, even after experiencing challenging personal life transitions. Major transitions such as moving, having a baby, or caring for an aging parent can leave us distracted and confused about our career strategy. We will explore techniques for staying excited and productive while honoring the reality of the changes we are experiencing.

### Action Learning Points

- Staying professionally visible when you're emotionally exhausted
- Staying engaged in your career through distraction
- Continuing growth when making it day to day
- Making worry thoughts productive

Allison is passionate about helping working women and the companies they work for thrive in creativity, innovation and Health.

Allison has been a licensed clinical social worker practicing in therapy since 2012 and have been in the field since 2007. She has extensive training in several therapeutic techniques with scientific backing and continue to grow in my training yearly.



Boost Biz Ed Westminster meets on 2nd & 4th Wednesdays, 9:30 - 11am

At Boost Biz Ed actionable business educators share practical insights with an action-ready audience of business owners and professionals. Actionable education is information and insight that is immediately applicable for business improvement.

Our workshops are also captured via **Facebook Live** and shared via **YouTube**.