

Is this you?

- Adjusting to a new role
- Overwhelmed by work & life demands
- Feelings of Burnout & Exhaustion
- Work is “always on”
- Difficulty relaxing, sleeping, finding time
- Not mentally present in personal life
- Work/life imbalance
- Struggling to prioritize self-care

What is an “Intensive”?

- A structured, goal-oriented process that targets specific work/life challenges in real time
- Customized for professionals who want faster clarity, skill development, and lasting change
- An extended-format experience designed to create meaningful progress quickly around your busy schedule

Outcomes

- Decreased over thinking
- Reduced mental overload
- More presence with personal life
- A sustainable approach to work
- Quicker recovery times
- More control over your time & energy
- Increased self-confidence & resilience

CREATING AND SUSTAINING YOUR WORK LIFE BALANCE THROUGH THERAPEUTIC INTENSIVES.



Types of Intensives

1 Day - Reset & Clarity

2 Days - Skill Building & Integration

3 Days - Deep Change & Transformation



RESERVE YOUR WORK LIFE BALANCE RESET INTENSIVE NOW.

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