



Finding Strength in Breathing

AN EMPOWERMENT SESSION



Speaker:

Sheila M. Wilkinson, MSW, LMSW, JD, LL.M.

www.sheilawilkinson.com

Schedule a Free Strategy Call with Sheila:

www.calendly.com/smwplc

Many thanks to our Host:



Roadmap

- Why we're Meeting today
- Your Relationship to Mindfulness
- Types of Health
- Types of Breathing Techniques
- Practice makes Optimal!
- Setting Intentions / Baby Steps / Permission
- Open Q & A

About Sheila

- Licensed Attorney
- Licensed Master Social Worker
- Educator & Coach for Service-Based Professionals
- Certified Ethics Trainer
- Transatlantic: 13+ years
- 50/50: Fees/Pro Bono
- Continuing Ed Advocate
- Two goals each day
- + Happy Lawyers Exist!

Sheila's Personal Mission

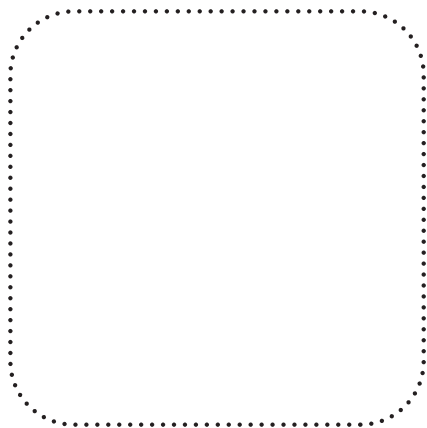
- To equip every Professional with the tools, skills and knowledge they need to live a happy, healthy, rich life
- To always find humor, joy and love every single day :)
- My Two Goals [and an invitation for you to find yours!]

Challenge Accepted

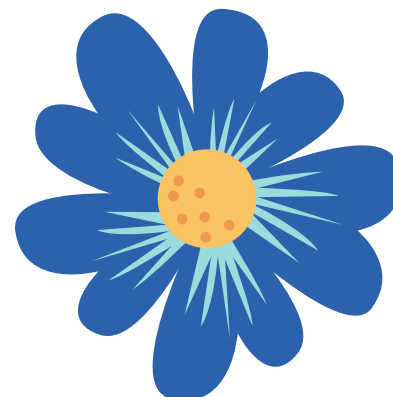
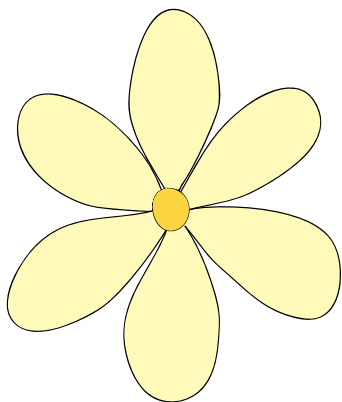
- Identify one change you made to your routine in the last year [physical, emotional, intellectual, overall] that you're proud of and that you feel has helped you get through this pandemic
- Email it to me at coachingwithsheila@smwplc.com [and tell me what you plan to do throughout 2021 to keep that positivity going!]

Images for Breathing Exercises

1



2

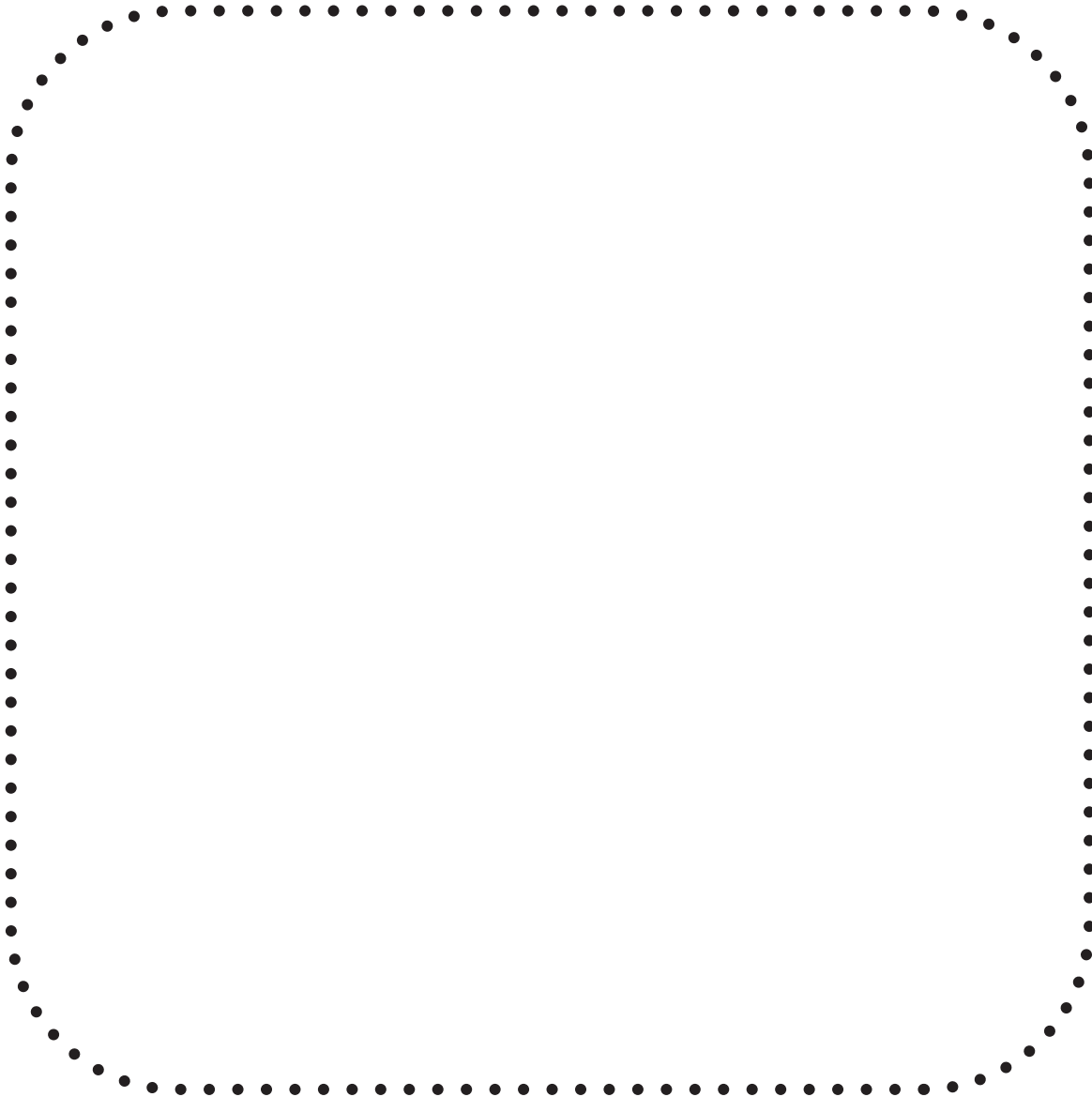


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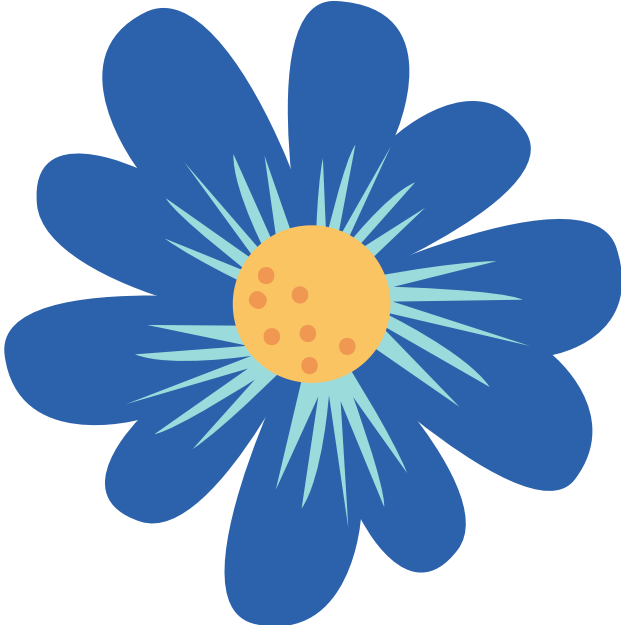
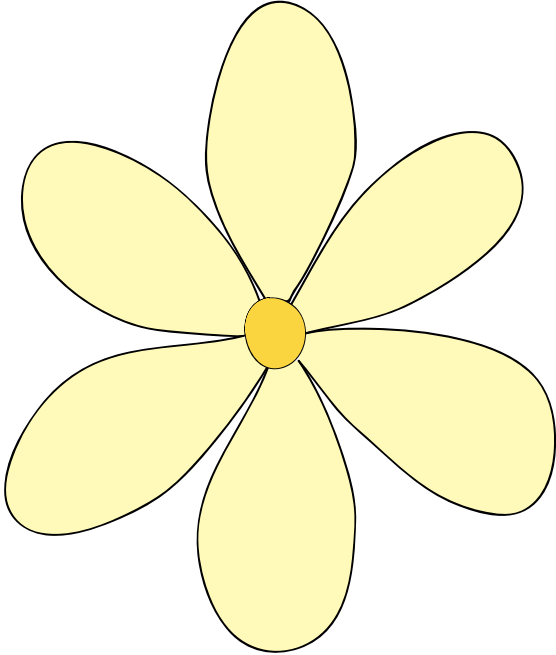
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