

# Mom Burnout: The Struggle is Real

**Webinar • August 9, 2022 • Noon ET/9:00am PT**

For more than two years, moms have had to figure out how to keep their families going through craziness. Every time they hit their stride, something came along to throw things back into chaos. And here we go again....it's back to school season and for many, back to the office full-time or hybrid. Families are again in flux. If this sounds familiar, join us and our guest -- life and career coach Letisha Bereola -- to learn how to build new systems that support life today, enabling you to thrive, not just survive. Dads, come too, and learn how you can help lighten the load!

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## About Our Presenter

**Letisha Bereola** is a Life + Career Coach who helps women find clarity, purpose and happiness in their work--without burnout. Before her coaching career, Letisha was an EMMY nominated TV News Anchor in Florida and Alabama. In addition to working with clients 1:1 and in group coaching sessions, she's still telling stories and inspiring audiences through her company, Paradigm Media Group, where she produces career-related content for TheGrio and her podcast AUDACITY: Unlocking the secrets of the bold. Letisha is a 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.

