

One-Pager: “Leadership from Within” Workshop Series

Who:

Jacksonville’s small business leaders, entrepreneurs, solopreneurs, and owner-operators ready to grow without burning out.

Why:

Because business success isn’t sustainable when you’re:

- Exhausted, reactive, and overwhelmed
- Doing everything yourself to protect against risk
- Sacrificing relationships, clarity, and rest

It’s time to rebuild from the inside out, utilizing emotional intelligence, high-level communication, and identity-shaping strategies, all backed by real-world coaching and clinical insight.

Workshop Dates & Topics (10:00 am, every 2nd Wednesday):

Date	Focus	Key Outcome
July 9	Emotional Intelligence in Leadership	Learn to regulate emotional triggers, improve focus, and team connection
August 13	Communicate to Lead	Gain tools to give feedback, address conflict, and inspire collaboration
September 10	Boundaries, Burnout & the Business	Identify early burnout, learn to protect time, energy, and mental clarity
October 8	Conflict Without Chaos	Master de-escalation techniques and lead difficult conversations with calm
November 12	Vision-Driven Decision Making	Shift from reactivity to proactive planning that aligns with your long-term goals
December 10	Aligned Authority	Strengthen the inner foundation that drives calm, confident leadership in every decision

Transformation Path:

- **Break the cycle** of burnout, numbness, and emergency-only time
- **Boost your self-trust**, mental clarity, and presence as a leader
- **Strengthen communication**, resolve workplace friction, and make bolder decisions
- **Design income and operations** that work with *your values and energy*
- **Enjoy more intentional time** for rest, creativity, family, and still grow your business

Hosted by:

Roselyn Pérez Casiano

Forbes-featured speaker • Licensed Clinical Social Worker • Creator of *From Burnout to Alignment Method*