

**Title:** Balance and Well-Being

**Description:** Do you ever find yourself uttering the words, "I'm crazy busy", "I don't have time to pause / for this.", "I feel overwhelmed." If so, please join Natalie Miller-Snell for 60 mins of group coaching as we explore how to pause, find balance and ensure we are checking in with our well-being, in order to be our most effective and productive selves.

**Bio:** Natalie is a certified coach, motivational speaker, qualified civil engineer and people enthusiast. Natalie spent 20+ years in retail building and construction before founding NMS Coaching where she now supports individuals and businesses with purpose, confidence, alignment, leadership, managing conflict and communication skills.

**Natalie Miller-Snell**(she/her)

Founder | Coach | Mentor