



Untangling at the Wave

Supporting your mental and emotional health is still our top priority at Untangle Together and we are excited to share what we have lined up for 2024.

In addition to the Individual, Couple, Family and Group Sessions you are accustomed to, we have introduced Monthly Workshops (which started in January).

Each month, we'll address a frequently occurring Mental and Emotional Health concern and offer practical therapeutic tools you can use right away.

Sharing concerns and learning helpful tools individually is great, doing so with others who can relate is even better. We can help each other make progress on our collective, yet personal journeys of self improvement and we hope you will join us.



Gbemi (Coach G)
coachg@untangletogether.com



Busola (Coach B)
coachb@untangletogether.com



Raymond (Coach R)
coachr@untangletogether.com



Is Work/ Life balance a myth?

The workplace can be so demanding, and so can life. With so many things struggling for your attention, it can be hard to keep a handle on things.

You have said "It's just for now, I'm sure things will ease out after XYZ milestone." But do they ever ease up? Rarely.

There's a way to deal with it. Let us help you develop tools to cope.

If you find that you're feeling constantly overwhelmed, like you can't possibly juggle all the balls you have - from work commitments to your personal life. These are signs that you need to work on your work/life balance. which can be managed.

Join us at the February Workshop.

While we can't promise to take your stressors away, we have the clinical expertise to help you cope with stress. Join us!

TL;DR

Seeking Work/Life balance? We can help.

Show up on the 24th.

February Live Workshop!

**UNTANGLING AT THE WAVE:
WORK/LIFE BALANCE**

Where: Virtual
Date: Saturday Feb. 24th 2024
Time: 12noon CST/7pm WAT

Sign up now!



"Either you run the day, or the day runs you."

- Jim Rohn



We'd like your feedback

We'd love to hear how we can meet your needs this year. **Tell us how**