

**STAYING IN ALIGNMENT WITH YOUR CAREER:**

**How to Navigate Your Path to Success while Recovering from Mental Illness**

**Presented by Dr. T.E. Steger-Smith**

Have you suffered with the lack of direction and joy in your career?

Do you feel as if your diagnosis has left you feeling lost and you not knowing what to do?

Are you tired of being stigmatized due to your diagnosis?

Is recovery seeming impossible due to lack of support in the workplace?

**DON’T** wait any longer to promote yourself from the despair, disrespect and drama that mental illness can cause to derail your career.

**This powerful workshop will show you how to:**

* Find direction in your desired career path to grow to

greatness while conquering mental illness

* Manage the perception of stigma by others on the job with

useful tools and techniques that will foster you for success

* Increase balance in social and professional settings that

propels joy in who you are and not with your diagnosis

* Reduce debt, increase financial prosperity and revise

career strategies that fit with your lifestyle during

tough times

* Tell your achievement of strength and wellness

Book Dr. Tré for your next keynote, workshop, or training, contact us at tre@TresinaSteger.com or 240-427-5313.

*Dr. T.E. Steger-Smith is a certified career coach, voice over artist, author, public speaker, trainer and communication consultant. She is the founder of TE Enterprises Consulting and the author of the book* ***Staying in Alignment with Your Career: How to Navigate Your Path to Success while Recovering from Mental Illness****. Through her experience, knowledge and research, Dr. Tré has developed tools and strategies to assist organizations to break misaligned paths and confined siloed workplaces. She helps individuals break through stigmas of mental illness and achieve career alignment by assisting them to stay on assignment.*