



Trade Burning Out for **Bossing Up**

5 Ways to Rebound at Work

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Feeling **exhausted**, **uninspired** or **stuck** at the office? Life is way too short for all of that. You can make a shift to do more **impactful** work that increases your **impact and income**.

Review the tips below and answer each prompt.
Use an additional piece of paper if needed.

Tip 1: Reflect

Check your **attitude**. What mindset or belief is holding you back?

Tip 2: Reframe

Use your **talents**. How can you leverage your unique strengths to add value?

Tip 3: Reinvent

Apply your **expertise**. How can you transfer your knowledge and skills to a new role?

Tip 4: Renew

Engage in **self-care**. How can you consistently recharge body and mind to be at your best?

Tip 5: Resist

Avoid doing it all by seeking **support**. Who can you ask for help when you need it most?



Hi Lady - I'm La Tondra Murray, Ph.D. Mom, Wife, Speaker & Certified Career Coach.

If you're eager to kick burnout to the curb and make a fresh start, I can help. We can partner to design a career that lights you up and develop a practical path to support your shift without all the angst.

Clarity. Accountability. Momentum. Boom. All yours if you want it, let's talk.

Check out my online Coaching Program:
www.latondramurray.com/signature-program