



Wellness Cloud

Stop, Re-set, Let's Go: From Overwhelmed to Organised in Minutes by Nadia Ismail

Feeling overwhelmed and ready to take control of your week? Whether you're juggling childcare, multiple work projects, or trying to strike a better work-life balance, you're in the right place. This short, focused coaching session is designed to help you cut through the noise, identify what really needs your attention, and give you the clarity and structure to move through the week with confidence and focus. Let's get started.

Priorities

- What are your top priorities right now?

- What actions are needed from you to get the right result?

- What support do you need and who can help?

Zappers / Distractions

- What's taking you away from focusing on your priorities?

- How can you manage these better to improve your focus and attention?

- What do you need to "Let go" of? E.g. What's unnecessarily zapping you?

People & Conversations

- Consider your priorities list, what conversations are needed to help you with these?

- Who or what needs your time and attention at work?

Self-care

- How are you practicing 'balance'?

- What will you do 'for you' in the coming week / month?

Wins / Successes

- What's been going well in your life recently?

- Where and how have you experienced positive change and / or self growth?

Use 3 positive words to describe yourself.

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Basic Reminders

- Stop trying to do everything – at once.
- Take a moment to step back and establish a step by step approach.
- Have some self compassion and be patient with yourself.
- It's ok to say "No" sometimes.
- Stop striving for perfection and focus on progress.
- Practice self-care and look after yourself.

Let's Talk

Come find out more about our wellbeing platform, tailored talks, and impactful events at **Stand C31**.

Meet the Speaker – Book in a 1:1
<https://the-wellness-cloud.com/specialists/nadia-ismail/>

- ➡ Scan the QR to **discover how we support employees** with real-life challenges—at work and beyond.

