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## Stories from the Heart of Leadership



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**November 17th 2014: Self Care 2: Dealing with Overwhelm**

The landscape has never been more complex. Demands at work, busy kids, keeping up with the daily requirements of running a household, aging parents and a whole host of loved ones and friends to stay connected to. Staying afloat is a matter of hanging on for dear life; getting ahead of the game, even a little, feels like a luxury way out of reach. If this is true for you, or for anyone you know and love, join Shahmeen to explore, share (you're not alone!), laugh (a little humour goes a long way) and learn how to come back to center when things get way out of balance. We welcome your calls a

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