

Rosalynn's
Purple Circle

THE



REASONS



**YOU'RE FEELING
OVERWHELMED AT WORK**

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Why This Will Change Your Life When You Implement It

I am going to get to the point with this - No fluff.
Let's cut to the chase - No hitting around the bush...

Many of us women over 30 struggle with overwhelm and we don't know where to begin to eliminate it. In today's world, most women find themselves in a position where they have opportunities to thrive at the work place but they are burdened with overwhelm. But once you have strategies to address the root cause of your overwhelm you will instantly experience relief and start thriving again and experience the success you have always dreamed of. The truth is, overwhelm is a negative emotion which can suck the energy out of you and stop you from realizing your ambitions. It takes away from the joy of waking up in the morning to go to work. But there are reasons why you are experiencing it in the first place. Not dealing with these reasons head-on, will cause you to lose valuable time and effort and may even have a negative impact on other spheres of your life. After reading this, and when you take the necessary actions to implement my method, you will not have to worry about not thriving at work. But only if you are willing to implement the steps and do what it takes

Why listen to me?

My name is Rosalynn Mworira and I am an IFC certified Executive Coach who is passionate about helping other people find their purpose and thrive in life. I am an experienced executive of over 20 years and I have worked for multinational companies on two continents scaling the heights of my career at C-Level. I have traveled to 5 continents and have amassed experiences that have today, set me free to pursue my passion as an entrepreneur - an investor in hospitality, a consultant in strategic communications and as an executive coach.

The main reason you are going to love this is because I am straight to the point and I am obsessed with getting you results. You will get very clear on the causes of your overwhelm that have held you back from thriving at your workplace. When it comes to understanding overwhelm, and having personally spent hundreds of hours listening to the same problems over and over again from people just like you, I am clear on the constant pattern as to why you are feeling this way right now. Today there are thousands pieces of advice out there on how to deal with overwhelm that promise an outcome but underdeliver.

My aim in this guide is to prove that I know what I am talking about and if you follow the steps then you too can make a radical shift in your current situation and get crystal clear on your next steps hence deal with your overwhelm head-on. I have helped countless women overcome overwhelm and find their purpose at work using my proven method. Through my program, "Overwhelm No More, " I have guided women to break free from the cycle of stress that is caused by overwhelm and increase their productivity and joy in life in less than 30 days. That being said, let's get into the 3 reasons why you are so consumed with overwhelm today and are not thriving as well as you should at your workplace.

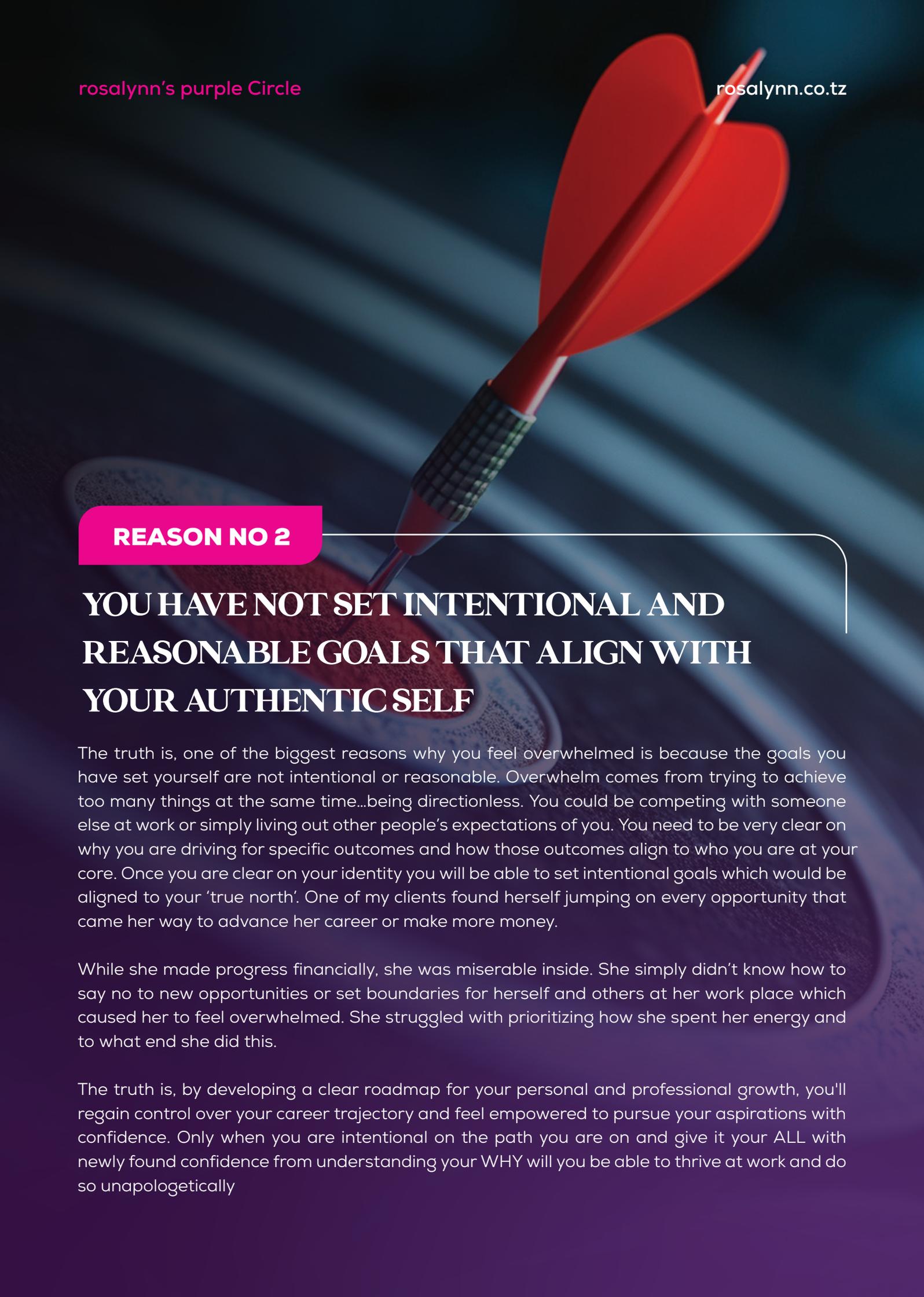
REASON NO 1

YOU DON'T HAVE CLARITY ON YOUR VALUES, DESIRES AND THE IMPACT YOU WANT TO MAKE THROUGH YOUR CAREER

The truth is, IF how you show up at work does not resonate with WHO YOU ARE are at your core, the dissonance will cause you overwhelm. Understanding your story and events that have influenced your personality will help you conduct yourself better at work and stay away from having that feeling of wanting to give up.

One of my clients, before she completely understood why she was lacking motivation and feeling overwhelmed at work to the point of burnout, was on the edge of giving up because she just didn't have clarity on why she was getting up every morning to go to work. She would say things like "work is not working" and "I dread Mondays."

Once she was able to uncover her true self and rediscover her passions and strengths through introspective exercises and guided reflection, she gained clarity on her values, desires, and the impact she wanted to make on her job and all other aspects of her life including her family, spiritual life, finances etc benefited from it. The truth is, there are intersectionalities that exist across all facets of our lives and when one area is lacking others take a hit. Sorting out the root of your stress and overwhelm and connecting it to your identity will give you the superpower to flourish at work and beyond!



REASON NO 2

YOU HAVE NOT SET INTENTIONAL AND REASONABLE GOALS THAT ALIGN WITH YOUR AUTHENTIC SELF

The truth is, one of the biggest reasons why you feel overwhelmed is because the goals you have set yourself are not intentional or reasonable. Overwhelm comes from trying to achieve too many things at the same time...being directionless. You could be competing with someone else at work or simply living out other people's expectations of you. You need to be very clear on why you are driving for specific outcomes and how those outcomes align to who you are at your core. Once you are clear on your identity you will be able to set intentional goals which would be aligned to your 'true north'. One of my clients found herself jumping on every opportunity that came her way to advance her career or make more money.

While she made progress financially, she was miserable inside. She simply didn't know how to say no to new opportunities or set boundaries for herself and others at her work place which caused her to feel overwhelmed. She struggled with prioritizing how she spent her energy and to what end she did this.

The truth is, by developing a clear roadmap for your personal and professional growth, you'll regain control over your career trajectory and feel empowered to pursue your aspirations with confidence. Only when you are intentional on the path you are on and give it your ALL with newly found confidence from understanding your WHY will you be able to thrive at work and do so unapologetically

REASON NO 3

YOUR LEADERSHIP STYLE DOESN'T REFLECT YOUR VALUES AND FAILS TO INSPIRE THOSE AROUND YOU

Let's be honest, who you are is how you lead. And if you are feeling overwhelmed from not being able to inspire the people you lead it is because you are not being authentic and lack consistency in your leadership style.

You could successfully emulate a certain leader whom you aspire to be but be aware of your own values and passions as you do. When the two sides are not in alignment people see through this and you lose their trust in the process of being their leader.

Authentic leadership is admirable and you have to do the work to ensure you are consistent in how you come across to others so you may inspire change and action from them. When people are inspired they apply themselves at work and together you all thrive as a unit.

My method guides you to communicate effectively, nurture collaboration, and lead with empathy, fostering a positive and productive work environment.

Most Are Following The Wrong Method And They Don't Even Know It. If You Are tired of being overwhelmed and feeling like to are just clocking in and out of work without much impact to your own self development and you really want to level up.....THIS IS FOR YOU! You may have tried reading self help books, or talking to your friends for advise or even sticking to the ways that got you the success you have up to this point but are now finding yourself in a rut and consumed with overwhelm. My method offers you a framework that has accountability built into it and tools for forming lasting habits that are guaranteed to see you thrive again at work. This is for you!

DO NOT MISS OUT ON THIS IMPLEMENT

my method to overcome overwhelm and start thriving again plus I will also set aside time to have a one-to-one session with you.

You will get a FREE consultation call with me and I can show you exactly how to apply my "Overwhelm No More" method so it can work for you. From our free session you will begin to see how to address overwhelm and start thriving again. If you knew the causes of your overwhelm and how to address them you would already be higher up in your career and thriving not only at work but on all areas of your life. The truth is you are applying old methods to new problems and yet you don't realise this is what is causing you the stress.

Just a heads up the Consultation Call, it is a true value of \$350. That is what I charge out at a consultancy level. However, because you have downloaded this guide, I am giving a limited amount of slots for FREE. I don't know how long I will be doing this for so if you do not book today you may miss out. Book today before I close them down so that you can copy my Overwhelm No More method and have it individual tailored to you and your personal development aspirations, so you can make the difference you want to make on your career.

Book Your FREE Consultation Here (Value \$350)