

# WEBINAR

## Work-Life Balance: *The Concept, The Myth, The Legend*

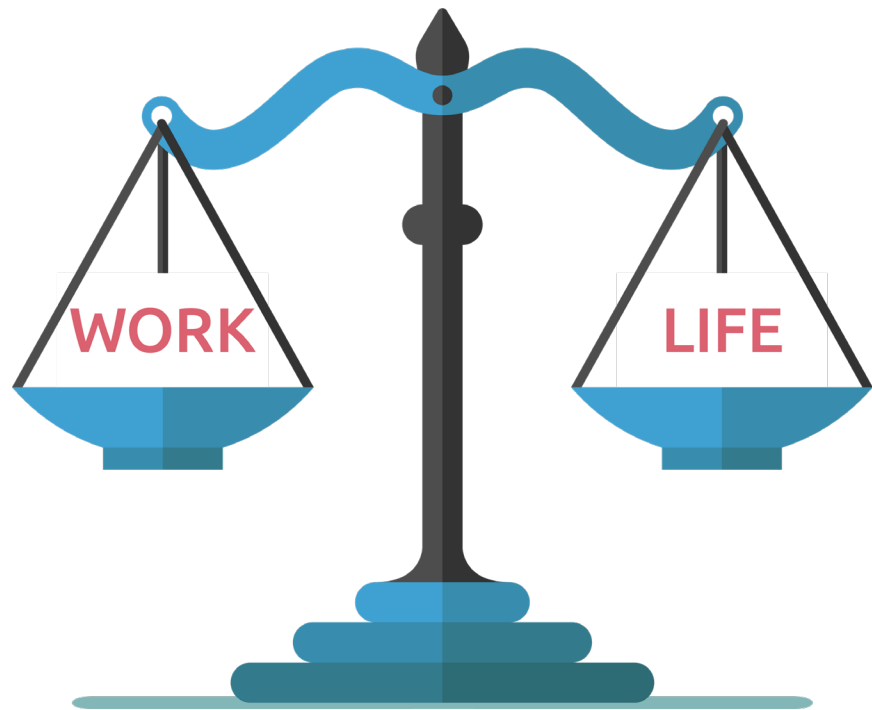
October 13, 2021 | 12:00pm CT

**REGISTER NOW!**

Determine self-expectations,  
redefine your roles and  
responsibilities and learn to  
reduce stress by incorporating  
balance into your life.

\*Register for this webinar at  
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facilitated by **Mishele Walker / Counselor**

Mishele Walker is a licensed Professional Counselor and owner of Overcoming Life Counseling Services in Sandy Springs, GA. She has treated trauma for the last 12 years in people of all ages with a therapy called EMDR which is so effective it is now used in VA hospitals. She wants you to know that trauma can be big, small, or accumulative. Before moving to Georgia Mishele worked at an inpatient Drug and Alcohol recovery center called Cirque Lodge. She has also worked with couples, families, and individuals to promote good mental health. Mishele is a trainer and presenter of mental health educational workshops and webinars. She had been training groups of people since 1993 when she first became a trainer for an airline. After 9/11/2001, she went back to school to obtain her master's degree in clinical mental health. She has worked as a counselor since then. Mishele is married to Sergio Bernardo and between them, they have 7 children and 11 grandchildren. She is the author of two books, Six Steps to Self-Love, One Step to True Love and Grow Old Holding Hands.