

Mental Health Break

Take a 30 minute break in your day. Pause, share, refresh.



**Led by Paige Mitchell, MA,
Board Certified Life Coach
Motivational Speaker
Mental-Health Advocate**

About Paige

Paige earned her Masters Degree in Counseling and has over 10 years experience in the mental-health field. Her strong background in clinical psychology over the years has helped her make the switch from therapist to coach as she implements strategies that help people become more accountable and start taking action now, no matter how small.

*Due to the nature of a “virtual and open-support group” all members must adhere to confidentiality and additional group rules upon registration.

What to Expect:

To provide a safe space to empower like-minded individuals who share common struggles by coordinating a mental health support group. My goal is to bring peers together who are looking for guidance on the necessary steps to make positive changes in their lives.

When/Where:

Weekly 30 minute Zoom Meeting
Every Thursday @ 5:00-5:30pm MST
You will receive the meeting details after you complete the sign up form.

Cost: FREE

Registration:

To register, click the [sign up link](#) OR visit www.paigemitchell.coach OR email Connect@paigemitchell.coach for inquiries.

Themes:

Imposter Syndrome, Life Transitions, Limiting Beliefs, Boundary Setting, Self-Awareness, Pandemic Fatigue... just to name a few.

Disclaimer:

Paige Mitchell is NOT a licensed mental health professional and this does NOT replace your doctors or therapists.



Paige Mitchell
Coaching