



STRESS-FREE  
**HAPPY**  
 HOLIDAYS



**Strategies on How to Avoid**  
 TURKEY TRAUMA | HANUKKAH HAVOC | CHRISTMAS CRISIS

If the holidays are supposed to be such a fun, relaxing, joyful & light-hearted season, why do you often end up exhausted, grumpy, overwhelmed, sleep deprived, and broke?! This talk will provide you with practical & proven strategies that have worked for other families. Practical, timely & easy to apply, these techniques will help you keep your holiday season joyful, merry, and bright.

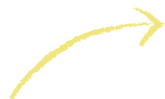
**Thur | Nov 21 | 2024**  
 11:30 am - 12:30 pm EST  
 FREE via Zoom



**RSVP**

Email [CFL@mynoblelife.org](mailto:CFL@mynoblelife.org) by 4 pm 11/19/24 to receive the Zoom link

Learn more about Noble's Center for Family Leadership



**OUR PRESENTER**

CARLA MILLER, CPC, ELI-MP is the founder of Carla Miller Coaching: empowering corporate professionals & busy moms to gain clarity, boost energy & achieve personal success. Carla uses her own signature coaching program to help her clients confidently navigate life's challenges & unlock their full potential through individual & group coaching, workshops, trainings & speaking events.

As a proud mom of teen triplets—one with a rare genetic disorder—Carla's personal journey fuels her unwavering passion for helping others overcome obstacles & thrive. Known for her authentic, practical & heart-centered approach, Carla combines her professional coach training, personal knowledge & over a decade of client experience to inspire real transformation & lasting impact.

*Hosted by Center for Family Leadership & made possible through generosity of Harriet P. Irsay Endowment Fund.*

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11/21/24