



THE CENTER FOR
Clarity, Compassion & Contentment

Center4C

Kim Perone, CLC
Success, Bereavement
& Resilience Coach

The Center for Clarity,
Compassion & Contentment

www.Center4C.com

(518) 301-3593, kperone@center4c.com

1:1 Coaching

Customized coaching packages for clients via phone, video conference, or in person at the office. Specializing in authentic success, stress reduction, life transitions and balance, mindfulness, resilience, bereavement and overall wellbeing. (see full description on pg. 2)

Coaching Programs & Retreats

Mindfulness Training, Mastering a Mindset for Peace, Transform Your Stress, Finding Authentic Success, Live by Design: Not Default, Power of YOU! Journey to the Center of Self retreat, Innerspace ~ Core Principles of Wellbeing, 8 Week Wellness Program, Inspired Life Book Clubs, Stressed, Obsessed & Blessed Retreats

Workplace Training & Speaking Engagements

Wellness At Work (See workshops or programs or custom coaching, pg 2)

The Hero's Journey: Your Life As Story (motivational speech/coaching lesson)

Live Coaching session on topics of choice

Kim Perone, Success, Bereavement & Resilience Coach

When clarity, compassion, and contentment are present an inspired life is possible.

I am a personal strategist, philosopher, and champion for my clients. Modern life, and its complexity, requires a strategic approach to creating balance, success, and joy. Finding your best, most effective self is not only possible, but necessary in today's world. Working with individuals to discover alignment, purpose, productivity, empowerment and success in their lives is my passion. My clients find greater success when they invest in themselves to grow, evolve, and awaken.



Over the past 15 years, I have been a student of life, loss, and spirituality in the wake of tragic deaths in my family. As loss continued to affect the trajectory of my life and career, I became an expert in resilience, change, adaptation, and reinvention, all of which led to my own inspired path. In 2014, I became a success coach after a 20 year career in communication. Through facilitation, guidance, resources, and perspective, my clients pave their own inspired path toward goals and aspirations.

The **Center4C** is a place of empowerment with a focus on awakening consciousness, growth, and aligning with your highest self and your authentic success. ***Find your Center at The Center4C.***

Read on to see the Center4C defined!



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Clarity

Find clarity through 1:1 Coaching ~ Success, Bereavement, Resilience

Business Professional - Reduce stress, increase alignment, learn mindfulness, and other powerful tools, techniques, and lessons to integrate into your successful career and life.

Bereavement - The Center provides a safe place to process your grief. An inevitable part of life, loss can bring us to the very brink of our sanity and the pain can be overwhelming. Honor yourself with compassionate coaching. (Sliding scale payments based on ability to pay) Find resources to support your grief journey.

Resilience - When the world seems to be crashing in, we can begin a “crash course” in resilience. Begin the rebuilding process with compassionate coaching and learning. Find ways to pick up the pieces, value what’s left to love, and rebuild your path forward.

Compassion

My coaching is based in positive psychology and most of that field is based on the best and most common of all spiritual teachings. Pulling from ancient wisdom, amazing philosophers and teachers, we find a tremendous capacity for compassion and empowerment in principles and practices. Offered in group settings, such as my **Inspired Life Book Club** (now in it’s 5th year!) or in **1:1 Coaching**.

Contentment

Mindfulness Training (1:1 or group), gratitude exercises, engaging book clubs and programs all serve to connect us to your contentment. Dive into the human experience! With a lending library of titles, new inspirational products, books, articles, and blogs, you can build your contentment muscle and realize you are exactly where you are meant to be!

Does your workplace need a little "centering"? Bring Center4C to work with you!

Workplace Training, Coach on Call, & Supporting Services offered to business.

Mindfulness Training
Transform Your Stress
Coaching Happiness
Live by Design (Not Default) 3 Hour Workshop
Stressed, Obsessed & Blessed Retreats
8 hour Wellness at Work program
Live Coaching Sessions

Make wellbeing your competitive advantage this year!