

CASE STUDY

Balancing Work and Play to Beat Burnout and Build Confidence



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Background

With a background in public accounting and more than a decade of experience working in the family business, you'd think LeeAnna was all work and no play. But it was actually **taking the time to make room for personal development** that gave LeeAnna the space (and connections) she needed to grow into her full leadership potential.

A certified yoga instructor working hard in the family business while still finding time to travel, golf, and get married, it would be an understatement to say that LeeAnna has a full plate. **Determined to find balance without losing herself, ASCEND was just what LeeAnna needed to learn how to juggle it all.**

A Lot Going On

"I had a lot going on. We were expanding our company and I was coming off of a solid year of hard work and sacrifice to make it all happen. At the moment, it was worth the effort, but I knew that **I wasn't going to be able to maintain it forever.**"

ASCEND AT A GLANCE

A year long educational and coaching engagement for wealth inheritors – because wealth that is stewarded from a place of wholeness and personal power goes beyond material things and social status.

Ascend will help you find your voice, define your path, and take the lead.

www.wellth-works.com/ascend



"As I got to know Michelle and learned about Wellth Works, I knew it was the kind of support I needed. Ella and Michelle both have strong experience working in dynamic family environments, and that was an area where I felt I could really use some guidance and mentorship."



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Balance

LeeAnna knew that if she wanted to reach her goals **without burning out**, she needed to introduce some sort of balance into her life. Taking the concept of “balance” literally, LeeAnna began to practice yoga, where she coincidentally met Michelle.

After 14 years in the family business, mixing work and family wasn’t new for LeeAnna, but as she grew more confident and advanced up the organization in her roles, **she knew she needed support to keep growing.**

Working with Wellth Works

“I like to consider myself an **“and”** person. I can do this **and** I can do that **and** I can always learn more things **and** keep growing, but my family has a more restrictive, **“or”** mentality where you have to choose. Ella and Michelle were able to provide that **warm and supportive energy** that I needed to stay in alignment with my goals – without upsetting the family dynamic.”

LeeAnna has continued to work with Ella and Michelle since she started in 2019, but she still remembers her first impressions of ASCEND.



“I really appreciated how quickly Ella and Michelle got to know me and figured out how to best support me during our time together. **I’m not one to ask for help** and I think if they weren’t so perceptive and quick to adapt to my learning style it would have taken a lot longer for me to see results and use the tools that they gave me throughout the program.”



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Personalized Support & Connection

Personalized support and **connection** were two big themes that carried LeeAnna through her time in ASCEND.

“When you have big goals and dreams it can be **scary** to say them out loud, so



Ella and Michelle have to build a lot of trust in a short amount of time to make you comfortable sharing something so vulnerable with them. The way that they build rapport and **bring you into their fold is so natural** and comfortable and really sets the stage for the entire program.”

Since beginning to work with Ella and Michelle, LeeAnna has done many many things. She’s finished her yoga teacher training and started a new business and gotten married and continued to grow personally and professionally just as she aspired to do back in 2019.



“Working with Ella and Michelle and learning from their experiences has left me feeling powerful and equipped to handle whatever comes my way. I feel more confident making business decisions, asking more questions, and advocating for myself more strongly than I was able to before ASCEND.”



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