

# NAVIGATE YOUR CAREER

A group to help young professionals move through the messy obstacle course of career development.

Work with Katie Pancione, an ex corporate executive, who decided to switch her career into helping others through the world of psychotherapy. This monthly group will meet virtually to explore navigating early career hurdles.

In this group we will discuss topics such as:

- work-life balance
- effective communication
- handling imposter syndrome
- dealing with difficult co-workers
- how to stand up to demanding superiors
- how to effectively push back on deliverables
- how to navigate promotions and raises
- dating in the workplace
- making mistakes on the job
- interviewing for a new job and leaving your current one on good terms
- and more



**Who:** Any adult navigating their early career development

**When:** Sessions will meet every first Wednesday of the month from 7 pm - 8 pm

**Where:** Sessions will take place virtually

**Cost:** \$65 per person per session

NOVA Mental Health  
**Counseling** 

Please email, call, or text Katie Pancione at [katie@novamentalhealthcounseling.com](mailto:katie@novamentalhealthcounseling.com) or 571.390.5339 if you want to register for the group or have additional questions.

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