



# Burnout to Breakthrough: RESETTING FOR WHAT'S NEXT AND TURNING YOUR MONDAYS INTO FRIDAYS!

by Jen Miley, Elite Edge Coaching

*Gain insights into recognizing the signs of burnout, understanding its root causes and discovering effective strategies to rejuvenate mind and body.*



JEN MILEY

In this engaging presentation, Jen will explore the pervasive issue of burnout, its effects on personal and professional lives, and the critical need for resetting to achieve a breakthrough.

Through practical tips and reflection exercises, learn how to cultivate resilience, establish healthier work / life boundaries, and how to harness your potential for renewed motivation and creativity. Join us as we transform the narrative from exhaustion to empowerment setting the stage for a fulfilling and productive future. Let's go from "Meh to Motivated!"

- How to turn Mondays into Fridays
- Develop Coping Strategies
- Establish Healthy Boundaries
- Create a Personal Action Plan

Jennifer K. Miley is a seasoned executive coach, leadership advisor, and national speaker known for her expertise in Transitional Intelligence (TQ)—a next-generation leadership competency integrating adaptability, emotional intelligence, and strategic foresight.

Jennifer has worked with leaders across Fortune 500 companies, the movie and entertainment industries, government agencies, professional sports organizations, and U.S. professional associations.

Named one of GE's Top Female Executives in the United States, Jennifer is the founder of Elite Edge Coaching, where she helps individuals and teams navigate complexity, lead through disruption, and build resilience. Her client-centered, science-backed approach drives meaningful, sustainable transformation and inspires leaders to lead boldly in today's fast-paced environments.

## Wednesday, April 1, 2026

**6:00 P.M. NETWORKING | 6:30 P.M. MEETING / PROGRAM**

**WITH DINNER \$17 / WITHOUT DINNER \$5 / VIA ZOOM \$0**

**PLEASE REGISTER AT [WWW.NOVI-ABWA.ORG/EVENTS](http://WWW.NOVI-ABWA.ORG/EVENTS)**

**FARMINGTON COMMUNITY LIBRARY - 23500 LIBERTY STREET. FARMINGTON, MI**

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. [WWW.ABWA.ORG](http://WWW.ABWA.ORG).  
QUESTIONS? E-MAIL PRESIDENT MARCIA GREEN AT [NoviOaksABWA@gmail.com](mailto:NoviOaksABWA@gmail.com)



Novi Oaks Charter Chapter