

Dionne M. Lackey, LMT, CCWC

BALANCE COACH | BODYWORK PRACTITIONER | AUTHOR

Preventing burnout through strategic self-care

BIO

Did you know that the $6.3T growth in the wellness industry coincides with record-high burnout rates (52% Gen Z, 49% millennials)? The problem today is that the world is so hyperconnected and "hustle-focused" that self-care has become another stressful obligation, instead of genuine restoration, leaving people overwhelmed, disconnected, and burned out.

WIN isn't just an acronym – it's a promise.

With **over 30 years** of corporate experience and a multifaceted approach to wellness, I simplify your self-care by giving you the tools to **heal** your challenges, **educate** your potential, and **empower** your journey. Wellness isn't complicated; it's a choice you make every day, both personally and professionally.

AUTHOR

Own Your Day, Every Day: 6 Simple Strategies to Manage Your Time, Protect Your Energy, and Live with Intention — **Coming January 2027**

SPEAKING TOPICS

- **From Burnout to Breakthrough: ROI on Self-Investment**
- **The Self-Care Myth: It's Not Selfish, It's Strategic**
- Sustainable Wellness Habits
- Self-Care in the Workplace
- Creating Your P.E.S.E.™ (Personal Energy Sustainability Ecosystem)
- Being OK with the Pause
- Benefits of Corporate Chair Massage

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(770.481.8500)
INFO@WINWITHDIONNE.COM
WWW.WINWITHDIONNE.COM