

Hello ICBND!

I was blown away by the professionalism, ambition, and true genuine kindness you all provided yesterday. I had so much getting to know you and wish I could have spent another couple of days simply connecting with you all!

Thanks for being such a kind and supportive audience. I am including a lot of resources in this email.

1. **First** - I have attached my 2 favorite PDF's of my free guides for you, as promised.
 1. **FREE Guide Top 10 Tips To Prevent Your Burnout**
 2. **A People Pleaser's Guide to Saying No**
2. **Second** - I'm big on cultivating connections, so if you'd like to schedule a call - here's a link to a 30 minute call: [LINK](#) For those of you who had specific interests in connecting, feel free to go ahead and schedule a call or otherwise I will follow up separately sometime soon!
3. **Third** - There were a couple of you who requested the Eloise video and I'm happy to share. Here you go!: [LINK](#)
4. **Finally** - I'd love to stay connected on social media! Here are my sites:
 - o Instagram: [LINK](#)
 - o Personal LinkedIn: [LINK](#)
 - o Facebook: [LINK](#)
 - o You Flourish LinkedIn: [LINK](#)
 - o [HERE](#) is my website

Have an amazing week and if there's anything else I can do to support you and your career journey, I'd love to remain a resource.

Warm Regards,
Kelsey Buell