



# PAUSE & PIVOT

## A Professional Women's Retreat

10/10/25 at the Four Seasons Boston

### Why Employers Should Invest

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#### **Strengthened Leadership Capacity**

Participants leave with an actionable plan to navigate career inflection points, enhance decision-making under pressure, and align personal values with professional performance. This translates directly into higher resilience, clearer priorities, and stronger leadership presence at work.

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#### **Evidence-Based Strategies for Sustainable Performance**

Led by experts with backgrounds in psychology, organizational leadership, medicine, and executive advising, the program equips participants with practical tools to reduce burnout risk, sustain productivity, and elevate long-term contribution to their firms.

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#### **Professional Networking**

The retreat is intentionally capped to create a curated cohort of Boston women in high pressure careers. These peer connections foster collaboration, resource-sharing, and potential business development opportunities that extend well beyond the day itself.

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#### **Value**

**Comparable programs often cost \$2,000+ for a single day.** At \$895, Pause & Pivot Boston delivers exceptional value: a psychologist-led, values-based workshop designed to enhance work performance; four keynote speakers with distinguished industry experience; a James Beard-recognized three-course dinner; and a curated cocktail reception. Attendees are strategically seated to maximize connection and utility.

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# More About Azimuth

<b>Who</b>	Azimuth is a Boston based therapy practice specializing in helping those in high pressure careers.
<b>Services Provides</b>	Individual therapy, couples therapy, co-worker therapy, Anchored by Azimuth-a strategic reset for high achievers
<b>Areas of Expertise</b>	Career enmeshment, burnout, personal values, anxiety, relationships, workplace dynamics, achievement trauma

## Where to find us

Pause & Pivot  
Professional  
Women's Retreat

[pausepivotboston.com](https://pausepivotboston.com)

Azimuth

[azimuthpsych.com](https://azimuthpsych.com)

## Contact

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