



Meghan Borne Kilbert

BORNE *to make a difference*

A practice dedicated to empowering women in their pursuit of mental wellness and work-life harmony. As a licensed psychologist, I bring a wealth of expertise and experience specifically tailored to address the unique challenges faced by women juggling the demands of work and life.

AS SEEN IN



Psychology Today



THERAPY *for*
BLACK GIRLS

VA



U.S. Department
of Veterans Affairs



SIGNATURE TOPICS

Navigating Work-Life Integration

- Strategies for seamlessly integrating professional and personal responsibilities
- Creating a flexible work environment that supports work-life balance

Stress Management and Burnout Prevention for Women

in the Workplace

- Identifying signs of burnout and stress
- Developing Coping mechanisms and stress reduction techniques tailored to the challenges faced by working women

Self-Care Practices for Professional Women

- Incorporating self-care routines into busy schedules
- Mindfulness and relaxation techniques to enhance well-being

LET'S WORK
TOGETHER!



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