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**Feeling Overworked, Overwhelmed and Overextended?
THE “SABBATICAL SISTERS” EXPLAIN WHY YOU SHOULD
TAKE A REBOOT BREAK AND RECHARGE, RENEW, AND
REINVIGORATE YOUR LIFE**

Did you recharge your cell phone yesterday? What about your laptop? Have you taken your car in for a check up lately? When was the last time you took time to recharge your battery? Not just for a day, a week or even a month - when was the last time you took at least three months for yourself?

According to a 2009 Gallup Poll and statistics from Monster.com, 86% of workers are experiencing job stress, and half describe their stress as “extreme fatigue” or “feeling out of control.” Sixty percent of workers feel pressure to work too much, and 83% of employees want more time with their families. Over 50% of employees are either somewhat or completely dissatisfied with their jobs, and 83% of workers plan to look for a new job when the economy improves.

Grim statistics, but there is a cure: take a sabbatical! We take care of our “things,” and now it’s time we take care of ourselves. Catherine Allen, Nancy Bearg, Rita Foley and . Jaye Smith, (the Sabbatical Sisters), authors of ***Reboot Your Life: Energize Your Career and Life by Taking a Break*** (Beaufort Books, 2011), can discuss the profound and long lasting benefits of taking a sabbatical to recharge and renew your life.

The Sabbatical Sisters, each highly accomplished in their careers, are veterans of sabbaticals and passionate about “rebooting” lives. They interviewed over 200 people,

from ages 25 to 65, who have benefited from sabbaticals personally, professionally and spiritually. In a timely and inspiring interview, the Sabbatical Sisters can discuss:

- Getting your boss to say yes to a sabbatical or time off
- Creative ways to fund your freedom
- Different types of breaks and which one is right for you
- The “unexpected sabbatical” – turning down time into your time
- Making the most of your time off including avoiding people and situations that can sabotage your rebooting break
- What to expect during the four phases of a Reboot Break
- Incorporating the lessons from your Reboot Break for the rest of your life

Catherine Allen is an innovator and expert in financial services and technology and has held assistant professorships at several universities. Today, she owns and manages The Santa Fe Group. She lives in Santa Fe, New Mexico.

Nancy Bearg has had a long career in international security policy, including serving as National Security Advisor to the Vice President of the United States. Today Bearg works in the area of conflict prevention and post-conflict peace building, consults on national security, and teaches a university course on leadership. She lives in Washington, DC.

Rita Foley is a corporate director, retired Fortune 500 global president, and a committed leader in numerous organizations dedicated to improving the health and lives of individuals. Today Foley is an advisor with Crenshaw Associates, leading their board services practice. She lives in Brooklyn, NY.

Jaye Smith is the resident expert on the topic of navigating careers. Today Smith continues to work with her former firm, Partners In Human Resources International, as well as designs and facilitates team and organizational effectiveness programs. She is an honored adjunct faculty member at a major New York university. She lives in New York City.

The sabbatical sisters have collectively taken 12 sabbaticals and individually have been featured in print, on radio and TV. Appearances include CNN News, ABC’s Good Morning America, NBC’s Dateline, PBS’s Nightly News Business, and New York’s WPIX. They also serve on several non-profit and national boards.

Website: www.rebootbreak.com

***Reboot Your Life* will be available in April 2011 at www.Amazon.com, www.BarnesandNoble.com, and in major bookstores and airports across the country.**

Review Copies Available Upon Request