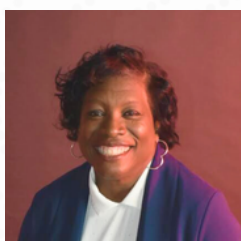




One Step at a Time
CONSULTING

ONE STEP FORWARD

One Step at a Time Consulting Newsletter



LEADING OFF THE STARTING POINT

Sometimes, moving forward begins with pausing. Give yourself permission to stop, breathe, reflect and release what no longer serves you. A pause is not giving up-- it is creating space to restore your energy and reconnect with what matters.

Then, when your ready begin again--one step at a time.

Dr. Sylvia W. Burgess
Terry Willie-Surratt

RESOURCE OF THE MONTH



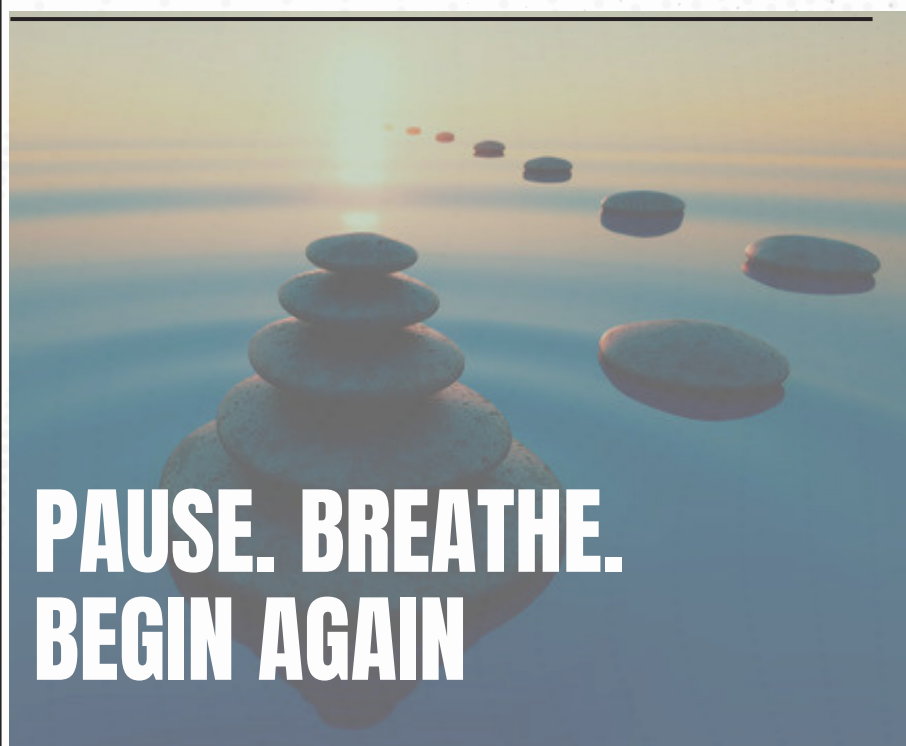
Introducing Dr. Sylvia Burgess
Vice President of Operations with One Step at a Time Consulting

**CHECK OUT THE LATEST EPISODE OF
THE JSPEAKS PODCAST FEATURING
DOC B!**

Tuesday

August 11

2026



EVENTS

- 8/5-8/6 EDI Training with Coordinated Family Care (NJ)
- 8/13 Local Political Fundraiser (NC)
- 8/24 Wellness & Resiliency with Coordinated Family Care (NJ)
- 9/4 Dr. Burgess' Birthday
- 9/5 Labor Day

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