



Start Here

For Professional Women Navigating Work After Life Has Changed

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If you've found your way here, there's a good chance you're not looking for motivation, productivity tips, or another framework to push yourself harder.

You're likely here because something fundamental has shifted.

Maybe you've returned to work after:

- injury or illness
- loss or grief
- burnout or prolonged stress
- a life event that changed how your body, mind, or priorities respond

And while you may look “functional” on the outside, internally you know:

The way I used to operate doesn't work anymore.

This is where we begin.

First, Let's Name What's Actually Happening

Most professional women I work with are not broken, unmotivated, or lacking resilience.

They are high-capacity women navigating a system that no longer fits who they've become.

After major life disruption:

- effort stops producing the same results
- confidence becomes fragile, not absent
- the nervous system prioritizes safety over performance

This isn't a personal failing.

It's a biological and psychological response to change.

Trying to “get back to normal” often makes things harder — not easier.

What Usually Stops Working at This Stage

If you're here, you may have already tried:

- pushing through
- being grateful it “wasn’t worse”
- lowering your expectations of yourself
- hiding how much effort basic things now take
- telling yourself you *should* be past this by now

These strategies are common.

They're also exhausting.

Not because you're doing them wrong —
but because this stage requires orientation, not pressure.

What This Work Is (and Isn't)

This is not	This is
Mindset coaching	Making sense of what has changed
Productivity Training	Understanding how your nervous system now works
Quick Recovery Programs	Clarifying what kind of support you actually need
Advice on how to “bounce back”	Learning how to return to work without abandoning yourself

My role is not to push you forward.

My role is to help you see clearly — so your next steps are grounded, sustainable, and your own.

Who This Work Is For

This work is for professional women who:

- are capable, thoughtful, and self-aware
- know effort alone isn't the answer anymore
- want clarity more than motivation
- are ready to be honest about capacity, limits, and needs
- value depth, safety, and long-term sustainability

It is not for women looking for quick fixes or external pressure to perform.

What Readiness Looks Like

You don't need to be "at your worst" to begin this work.

Readiness usually sounds like:

- "I can't keep pretending this is fine."
- "I don't want to go backwards — but I don't know how to move forward."
- "I need help understanding what's actually happening to me."
- "I want to work — but not at the cost of my health or identity."

If that resonates, you're in the right place.

How to Use This Space

You don't need to do anything immediately.

You're welcome to:

- Read
- Reflect
- return when something lands
- take your time

When and if you're ready for guidance, you'll know.

That's how this work begins —
not with urgency, but with recognition.

A Quiet Orientation

You are not behind.

You are not failing.

You are responding intelligently to change.

Clarity comes before change.

And this is where clarity begins.

—

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