



BLAZE UNLIMITED

*"Excellent.
Very motivational and
a fantastic Speaker"*

HOW TO IMPROVE WORK LIFE BALANCE - ½ DAY

- Do you currently feel like your life is out of balance?
- Do you find yourself rushing around with never enough time for the important things?
- Do you feel anxious, stressed, or burned out at work?
- Do you have time and energy for your loved ones?
- Do you need greater clarity about what work life balance really means for you?
- Are you neglecting your health, finances, hobbies or relationships?
- Is there something you've been planning to "get around to one day"?
- Do you want to know how to improve your balance, satisfaction and resilience?

Today's 24/7 society makes it very difficult for many people to strike the right balance between their work and their personal lives. When an individual is out of balance for a long time there can be significant negative impacts on their health and quality of life. Don't delay any longer. You get one shot at this life, make yours about what you really want it to be about.

In this abridged half day workshop you will learn how to:

- Understand your values and use them to guide your decisions
- Identify and resolve value conflicts in your work life balance
- Develop strategies and plans to improve your work life balance
- Work out what you really want and make it happen
- Understand the difference between positive and negative stress
- Recognise the hidden symptoms of stress AND know how to deal with it
- Accurately determine your stress level at any given time
- Make important things in your life more complementary
- Develop and implement your own personal work life balance action plan

This hands-on workshop looks at the challenges modern life presents us and explores the need for balance between work, leisure, family and how to go about attaining it. You will be provided with the insight and tools necessary to help you effectively identify and manage stress in your life, and to ensure you strike the right work life balance.

Workshop participants will receive their own workbook to allow them to develop and implement their own personal action plan, ensuring the skills and knowledge gained at the workshop will be transferred to the real world.

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