



Enjoy Work/Life Balance

Topic Importance

Is Work/Life Balance a juggling act? Has clearing everything off of your plate become overwhelming? We are continuously looking at ways on how to become more productive while having fun. According to Human Resource Executive (12/05), when asked about the most frustrating aspects of their jobs, the most common responses from 225 middle managers: 1. compensation issues, 2. balancing work and personal time. This **Interactive Workshop** will guide you to **enjoy a well-balanced lifestyle, personally and professionally, for a happier life.** You'll breathe easier.

Objectives

During this presentation, you will have opportunities to:

1. Identify the areas for work/life balance – **Team Exercise**
2. Create a personal mission statement – **Exercise**
3. Create your list of benefits for work/life balance – **Team Exercise**
4. Evaluate your work/life balance areas – **Exercise**
5. Develop action plans for the "weakest links" of your work/life balance – **Exercise**

Benefits

In 3 short hours you will learn:

1. Seven domains for BALANCE
2. Seven techniques to stay in BALANCE
3. Ten questions to ask to determine your BALANCE level
4. Areas that you need to work on for personal and professional development

Expertise

Acquired from several years as a Corporate Manager, from MBA and Ph.D. (ABD) studies and research. Successfully applies these techniques as a Corporate Trainer and Motivational Speaker who delivers training workshops and keynote speeches to organizations.

Target Audience

Administrators, Business Owners, Customer Service Representatives, Executives, Managers, Marketing Associates, Professionals, Sales Associates, Supervisors, Support Staff and anyone who wants to enjoy balance in their lives

Duration

3-Hour **Interactive Workshop**

Class Size

10-12 participants - optimum for increased personalized attention and more interactions

Why **P**ositive **A**ctions

Since 2001, **P**ositive **A**ctions has motivated teams to increase productivity, teamwork and communications with each other and their customers through customized cost-effective Training Seminars and Motivational Speeches. Positive Actions quickly provides customized, creative, cutting-edge and cost-effective training solutions to satisfy your training needs. For example, we had a 2-day turnaround to provide training solutions to a major corporation that we successfully accomplished. Organizations save time and money and increase productivity that in turn increase profits by using techniques learned in our workshops. Additionally, **P**ositive **A**ctions provides timely follow-up to enhance business objectives.

"Thank you for your wonderful seminar on Public Speaking. My group of trainers as well as myself learned so much from the exercises. We all felt empowered and more confident in our training capabilities."

L. Ronces, Nordstrom Regional Director

Invest in your employees with **Positive **A**ctions today—satisfied employees provide fantastic customer service!** *"Companies that invest above the average in employee learning outperform the stock market by more than 45%. Those that don't, under perform by 22%."* (ASTD/Bassi).