



Maintaining Life Balance

Description

With multiple priorities, added responsibilities and the hectic pace of life, it is important for all of us to balance the many demands we face. In this class, students learn about key factors that relate to achieving Life Balance. Through written assessments, discussion & group activities, participants will be given the opportunity to assess their own current level of balance & learn techniques to help them reduce stress & improve self-care. Time is provided for students to develop goals to improve the balance in their lives and to increase productivity and personal satisfaction.

Who should attend?

People managing multiple priorities. Anyone seeking to achieve better balance between work & personal life.

Sample Agenda

- Examine personal state of Life Balance
- Identify current causes of stress
- Understand the impact of stress & change on productivity & creativity
- Learn to choose between 3 alternatives when dealing with stress
- Identify specific ways to increase self-care
- Determine personal goals for achieving better Life Balance

Prerequisites

None

Note

None