

A BALANCED LIFE WORKSHOP

WORKSHOP OVERVIEW

SUMMARY

Healthy workplaces = healthy families. When our life is out of balance, our loved ones often feel it first. And typically, our businesses or careers are the main source of stress. Through the ebbs and flows of life, there are key rhythms you can create that will help you stay focused on what's most important so you can give the BEST of yourself right where you are. Join us as we give you tools to assess how satisfied you are with different areas of your life and show you one rhythm that will make all the difference!

Breakouts:

- Self-reflection Graph of Life
- Group discussion

Takeaways:

- Integrating work into your life
- Identifying the most important rhythms to integrate into your workplace
- Uncovering the most powerful rhythm to restore yourself and your team

OUTCOME

By the end of this workshop, participants will develop a deeper self-awareness by identifying one area of focus for personal development, and one rhythm to bring back to their workplace for professional development.