Balancing Work and Life

The Need
Using the philosophy that "those who are happy at home perform better on the job," this workshop was developed for those who feel burdened with too many responsibilities and without enough time for personal enjoyment. This workshop will help participants explore and define home responsibilities, identify career requirements and prioritize leisure time. The resulting better balance will help achieve more in one’s career and at home.

The Best Audiences for this Workshop
All Levels of Staff

The Objectives of this Workshop
1. Exploring and defining home responsibilities, career requirements and leisure activities
2. Providing Ideas for achieving greater balance of career, home and leisure

The Workshop Agenda
I. What are you juggling?
   A. Defining balance
   B. Balance scale exercise

II. Balance and Stress

III. Achieving Balance
   A. Components of a balanced lifestyle
   B. Questions to help you find balance
   C. Balance exercise

IV. Tips and Suggestions on Achieving Balance

V. Action Plans