

## Leading a Balanced Life

It seems that every day we are asked to do more with less. The stress of an imbalanced life can affect us in so many ways. Make a commitment today to lead a more balanced lifestyle. Together with other like-minded professionals, you will learn the keys to making the most of your time by investing your time wisely, gaining insight into why "busy" does not equal "productive," and leveraging your resources and talents to more efficiently accomplish goals.

This five-week process provides a structured, open and practical atmosphere to encourage candid discussions and interactive problem solving. By combining personal assessments with proven planning tools, you will be able to identify the critical elements to help you sustain long-term success. You will have a chance to share your experiences as well as listen to ideas from others in the group.

Each weekly session incorporates a dynamic blend of group discussion, facilitation and independent study to encourage learning on many levels.

### Learning Outcomes

- Learn to reduce the "bad" stress
- Accomplish more in less time
- Increase productivity
- Enhance work/life balance
- Accelerate goal accomplishment
- Gain a clear focus and direction
- Prioritize activities
- Make informed choices

### Who should attend

Any individual wishing to gain a more balanced lifestyle

Length: 5 weeks for 2 hours each session

Format: Group coaching

Class Size: 12 participants

Class Material: All materials to be supplied