

# *Achieving Personal and Professional Balance for Success*



*“Successful people are not so much brilliant as balanced...”*

*-Alan Loy McGinnis*

Bottom line... most of us would like to have more energy.

We also would like to communicate better both at work and at home. Research shows that higher energy and better communication skills make us more successful. So why do we get stuck doing the things we don't want to do and not the things we do? We become consumed with deadlines, decisions, errands, and schedule conflicts. As a result, we repeatedly become focused on the urgent instead of the important things in our lives.

This upbeat workshop creates a lighthearted environment, which enables and empowers you to rebalance that focus. You will be asked to take a quick awareness snapshot of both your personal and professional life. With that information you will begin to see and use your insights to make any needed adjustments.

***FOCUSED ATTENTION is powerful!***

Expect in the weeks that follow to make real changes that last!

## ***Points of discussion include:***

- An efficient way to identify "blind-spots" in your current time & stress management program.
- A powerful style of communication to ease and build both personal and working relationships.
- An effective method of mediation to disarm workplace differences.
- Healthy “on-the-go” eating tips to save time and build stamina.
- The top 10 supplements to increase energy and on-the-job productivity.
- Fresh tips to bring in humor to lighten up and balance both home and work.
- Specific solutions for the 7 most common reasons for getting out-of-balance.
- How the art of weaving the principles of this workshop in your personal life daily yields powerful payoffs on the job.

Participants will leave equipped with a comprehensive workbook to reinforce the ideas and techniques learned as well as built-in accountability checks to keep their personalized changes in place!

***Achieving Personal and Professional Balance for Success Workshop***

**September 18<sup>th</sup> & 19<sup>th</sup>, 9:00am – 4:00pm**