

Work life balance

Getting the balance right

This 1 hour workshop focuses on the relationship between your work and the commitments in the rest of your life and how they impact on one another.

We will explore ways to achieve equilibrium and harmony in your work and private life.

Ultimately looking at ways to improve the quality of life in a realistic, achievable way.

Identifying the imbalances are key in order to cultivate change. Through practical exercises and theory this workshop aims to restore your work life balance.

\$20 per person per person includes manual.

To register for this workshop or for enquiries, please contact me.

A group booking discount applies.

This training can be deliver to your workplace.

Program outline:

Feeling overwhelmed is a feeling we are all too familiar with. With constant demands on our valuable time, we struggle to fit everything in and feel robbed of our self-care time.

A practical workshop where we will spend time exploring the different facets of life and where imbalances lay. We will seek to find clarity and ways to regain work life harmony through practical and reflective exercises.

Topics include:

- What is a balanced life?
- Expectations
- Pressure
- Work, stress and demands
- Risk factors
- Finding harmony
- Practical applications



CHANTAL CRINQUAND
creating balance

www.chantalcrinquand.com.au