

Work/Home Balance

Being a happy camper at home, work and every place I go!



Program Overview

This workshop addresses the importance of balancing work and home life. Throughout this workshop, participants discover methods by which they can keep certain parts of their life separate and learn how to be joyful everywhere they go.

Modules

1. Why we need a Balance
2. Importance of Family and Other Support Networks
3. Be Able to Adapt
4. Set Goals and Work to Achieve Them
5. Time Management
6. Planning Ahead
7. Taking Time for You

Target Audience All - Please note that this program can be tailored to meet the specific needs of the audience or organization.

Length of Presentation 1 or 2 day workshops

Goals and Expectations

To learn how to have a healthy work and home life. To show participants how they can be happy wherever they go, while not compromising any part of their work or personal life.

Thumbnail Speaker Biography

- CEO of non-profit and for-profit organizations
- Entrepreneur
- Adjunct Professor: Group Dynamics, Cultural Diversity, and Marriage and Family Counseling
- Orphan and former Foster Youth

Handouts, Activities and Q&A Session

Provided by Speaker

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