

workshop



Workshop includes the following topics:

The Myth of Work-Life Balance

Key 1: Develop Priorities

Key 2: Create Boundaries

Key 3: Manage Your Day Efficiently

Key 4: Design Reasonable Expectations

Key 5: Reprioritize Your Values

Key 6: Navigate an Unbalanced Organizational Culture

Key 7: Engage in Self-Care

Putting It All Together, Making Choices and Maintaining Momentum

7 Keys to Work-Life Balance Workshop - Delivery Options

OPTION 1: One day, in-person delivery

8-hour workshop includes ½ hour break for lunch, two 10-minute breaks and various 'self-care breaks' that occur in the workshop.

Benefits:

- One-time session to develop important competencies in a focused workshop.
- Upon completion, participants will know all 7 Keys and be able to transfer the classroom exercises into their professional and personal environments.

OPTION 2: Two half days, in-person delivery

4.5-hour workshops on two separate days, with a 1-2 week break in between sessions.

Benefits:

- Participants have time to practice applying concepts in between sessions.
- Two-session format creates momentum to integrate and measure the impact of the concepts after first workshop.
- Optional: One-hour group coaching session to support participants' integration of concepts from first session into their work and life.

OPTION 3: Virtual delivery

Eight 90-minute sessions conducted weekly or bi-weekly via teleconference.

Benefits:

- Participants can be at a variety of locations with no travel cost.
- Shorter time for each session; less time away from work/business day.
- Fieldwork between each session enables significant integration of concepts and coaching support for behavior change.
- Change is more likely to happen, as there will be greater accountability with weekly/bi-weekly fieldwork.
- Longer-term commitment to the content/concepts demonstrates the organization's commitment to work-life balance.



Julie is a Career and Leadership Coach, and author of *Your Work, Your Life... Your Way: 7 Keys to Work-Life Balance*. She helps her clients clarify and achieve their professional and personal goals, including greater career satisfaction, enhanced work-life balance, improved leadership capabilities and meaningful personal growth. An engaging speaker, Julie presents highly interactive workshops on The 7 Keys. She supports a wide array of clients in the US, Europe and Asia and regularly presents her workshops to corporations, organizations and institutions, including The Wharton School of the University of Pennsylvania.

FOR MORE INFORMATION, CONTACT:

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