

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



EMPLOYEE, PARENT, SON OR DAUGHTER, LEADER, MENTOR, COMMUNITY MEMBER...

these are some of the roles that we all play. Mix the time and commitments these roles take with a desire for exercise, sleep and downtime, and it often adds up to overwhelm ... too much to do, not enough time or energy to do it. "Work-Life Balance" is elusive.

The **7 Keys to Work-Life Balance Workshop** is a highly interactive and personalized program that helps participants design a more optimal mix of personal and professional priorities. In this workshop, participants will gain an understanding of the 7 Keys to Work-Life Balance and define which Keys will support them personally. They will also receive tools and resources to guide them in creating short-term change and in making long-term sustainable choices.

Offer the **7 Keys to Work-Life Balance Workshop** when you want to:

- Support and retain high-potential talent with a high-quality professional development experience.
- Improve employee engagement by providing a process to enhance individual work-life balance satisfaction.
- Invest in future leadership talent through professional development.
- Develop your leaders to become better employees, managers and role models, with an interactive, meaningful and relevant presentation that matters, both personally and professionally.
- Respond to your employee engagement survey feedback, providing tools to help employees achieve more manageable work-life balance.
- Provide an interactive, engaging workshop for a conference or meeting.
- Show staff in all-consuming professions new ways of operating for greater work-life satisfaction.
- Promote your organization as an employer of choice.
- Support an initiative to promote health and wellness in your workforce.

COMMENTS FROM WORKSHOP PARTICIPANTS:

The workshop "introduced new ways to analyze and steer our busy schedules toward fuller personal satisfaction. I can report that several of us on the committee have already made significant life changes based on [the] ideas."

—**Dr. Joyce Lindorff**, Temple University, Associate Professor, and Chair, Temple University Faculty Senate Committee on the Status of Women

The "workshop on the 7 Keys to Work-Life Balance is dynamic and educational! [It provides] a fresh and systematic approach to work-life balance that is both innovative and practical. I was able to quickly identify which keys play a role in pushing me off balance and came away with new ideas and techniques that I can easily test drive. Julie is an energetic and organized speaker who has a special talent for engaging, informing and inspiring her audience."

—**Jane Finkle**, President, Association of Career Professionals, Philadelphia Chapter

This workshop "has taught me that to be an effective leader, I need to take care of my own needs, too."

—**Wharton School MBA Candidate**



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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