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.

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

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.

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