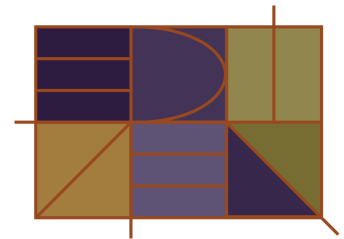




Mastering the Art of Business through Workforce Training



EDIZEN

Workshop

Balancing Work and Home Obligations

Summary With all the demands of work and home, it is difficult to maintain balance and easy to lose sight of one's values and priorities. This interactive course will help employees to achieve balance in their daily lives by helping them to define their strengths, values and priorities for work and home. The program explores the four key steps to maintaining balance and how to implement them for reduced stress, improved productivity and greater job satisfaction.

Format Full day workshop

Target Audience Employees at all levels

- Topics Covered and Learning Objectives**
- Interpreting the results of the pre-workshop survey on work/home balance
 - Understanding the work/home balance
 - Recognizing the warning signs of imbalance and why it's important to address them
 - Learning decision-making strategies that work
 - Defining values and core strengths
 - Learning stress reduction techniques
 - Creating a the priority list
 - Defining success – how to know when you are in balance
 - Understanding the four key steps to maintaining balance and how to implement them in your own life

Edizen's experienced facilitators consistently receive the highest evaluations for delivering workshops that are interactive and meaningful.

Contact Edizen today

to learn more about how we can help you and your organization meet your goals.

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