



Living a Meaningful Life Professionally and Personally

Workshop Duration: 2 Days

Facilitation in English

Workshop Description

Daily life is hectic. We rarely get the chance to take stock of our lives, our priorities and goals. This workshop is designed to help you look at both your professional and personal lives, and make sure that they align with your values, talents and dreams. What do you need to do to make your work life more satisfying and successful? Is there sufficient meaning in your personal life? This workshop gives you the tools you need to live with purpose. The result is a life that is meaningful on many levels - one that is proactive not reactive.

Who Should Attend

Anyone at any level in the organization who wants to develop a clear understanding of their values, evaluate their current professional and personal lives, and set a course for a successful and fulfilling future.

You will have the opportunity to:

- Identify what makes you feel energized and alive
- Clarify your values and priorities, both personally and professionally
- Set meaningful goals
- Identify and address barriers
- Develop a concrete plan for reaching those goals

At the end of the workshop you will have:

- Renewed energy to take charge of your life
- A clear road map for your life
- The ability to proactively choose actions that reflect your values and goals
- The tools to maintain a meaningful life, one that reflects what is deeply important to you.

