



Setting Work and Life Boundaries

Workshop Duration: 1 Day

Facilitation in English or French (aussi disponible en français)

Workshop Description

Achieving work-life balance means that there is equilibrium among all the priorities in your life. This state of balance is different for every person, and involves unique types of strategies for different individuals. Often, the main obstacle to achieving this balance is a simple failure to take a time out and make a deliberate effort to examine and re-set work and life boundaries.

This workshop is designed to be interactive and dynamic, and includes exercises, self-assessments and case studies to help you diagnose and overcome issues that keep you from setting healthy work and life boundaries.

Who Should Attend

All who are interested in achieving a healthier, more satisfying work-life balance

What You Will Learn

- How to discriminate among different types of stress
- Which personality types are more stress-prone
- Effective communication strategies for managing expectations
- Tips and techniques for negotiating flexibility
- Ways to eliminate procrastination
- The importance of balancing parenting, partnering, and working
- Ways to cope with the challenges of a heavy travel schedule
- How to deal with both current and future change
- Strategies for dealing with guilt and effectively saying "no"
- How to build a personal action plan that works!

At the end of this workshop, you will be equipped to:

- Strategically address common work and personal life conflicts
- Communicate effectively to get what you need
- Confidently say "no" when it is appropriate to do so
- Manage change in your life
- Have a more balanced life

