

A Life in Balance

Course Overview

This course develops your awareness of how you spend your valuable resources of time and energy. While time is not renewable, your energy can be. By identifying how you want to feel, you can create a more conscious way of living, resulting in reduced stress and improved effectiveness.

When you stop the frenzy and savor the moment, you will find your state of inner grace and gratitude. It is there that you will find how you want to guide your life. This course helps you to increase your self awareness about the roles you feel compelled to play and those that truly express your strengths. Your health and well being are directly tied to the choices you make when applying your time and energy. This course helps you identify and explore what is needed to create your own personal and professional balance.

Expected Results

- Understand your levels of Self-Awareness regarding energy and time management
- Identify your personal preferences in managing energy and time
- Explore various sources of energy creation and depletion
- Recognize the signs of imbalance in your life and learn to reduce the resulting stress
- Increase your effectiveness by modifying use of time and energy
- Analyze your roles among the three categories of self, family and work
- Develop a 4-week action plan that helps to rebalance your time and energy amongst your self, family and work



**“A deeper level of
Self-Awareness”**

Register:

1.800.546.1445 or
info@trainleaders.com

Course Length:

▶ 1 Day
(9:00AM-4:00PM)

Average Class Size:

8-15 participants

Materials Included:

- ▶ Participant Guide
- ▶ Action Planning Guide