

Bulletproof People - Work / Life balance



FOCUS: Maintaining optimal performance in both our personal and professional lives which requires the ability to reassess priorities and purpose.

LENGTH: 3 options

- 30 min Lunch & Learn or Toolbox
- 60 min Keynote or Seminar
- 2 hr, 4 hr, or 6 hr Workshops (customised to the client's needs).

GROUP SIZE: Various

METHOD:  Personal reflection  Pairs collaboration  Group think & action

AWARENESS

1. Is balance between work and home even possible?
2. Work/life balance globally - Who is getting it right?
3. What are the possible consequences if I get it wrong?

IDENTIFY

1. What are my priorities?
2. What is my purpose?
3. What are my options for flexibility @ work and home?

FUTURE

1. Managing expectations from work & home.
2. Building your resilience to bounce back.
3. Managing 'Give & Take' seasons.

TRANSFORM

1. Three things I could try immediately.
2. How do I help those around me?
3. Building a healthy support structure.