

# WORK LIFE BALANCE



VIRTUAL TRAINING

## WHAT'S IT ABOUT?

When you wake up each morning, would you describe yourself as fully charged? If you're like many people, you want to squash your alarm clock.

In fact, only 11% reported having a great deal of energy in a recent survey of 10,000 workers (Source: Gallup). In this session, we'll explore 3 keys to better work life balance - one that fits *\*your\** life:

KEY #1) Thinking about how you choose to spend your time: this topic ranges from connections at work to deep purpose in life. You'll assess a wellbeing framework to make a plan custom to you and your current life situation.

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**IT'S POPULAR FOR PEOPLE TO SAY THEY WISH THEY WERE HAPPIER.**

**WHEN YOU DIG IN, YOU FIND THAT MOST ARE NOT SAD - THEY'RE A DIFFERENT KIND OF "NOT HAPPY," WHICH IS BORED, TIRED, UNAPPRECIATED, OR UNCONNECTED.**

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KEY #2) Feeling out your regular Interactions: it takes 3-5 positive exchanges to get back to neutral after a negative interaction, so it makes sense to assess what fuels you up and what sucks the life out of you. Once you know what they are, you can seek out more fuels, and minimize + mitigate the drains.

KEY #3) Looking at what you do to keep a fit, sharp mind at work: We'll cover the tenants of the eat, move, sleep model to dip into the impact on your work. You'll explore habits that put you at your best.



**Get Fuel in your tank to accelerate your projects and life**

## YOU'LL EXPLORE:

You'll explore the situations, tasks, and people that fuel you up and actually bring you more energy. Your "fuels" give you ideas for job shaping, career planning, and how to get through stressful, over-busy moments at work.

The situations, tasks, and people that drain you: "Drains" are clues to low meaning or low strength. You'll spend time identifying them so that you can take action.

