

Work / Life Balance *Your Way*



5 Tips for Succeeding at What's Important to You!

Achieving Work / Life Balance has become a pervasive concern as the demand for increased productivity disturbs the balance with personal goals. This seminar will initiate a different approach that emphasizes personal control through **life planning**. The theme of this uplifting seminar is "You cannot do it all and that is just fine- as long as you do what is important to you!" Participants in this interactive workshop will examine their lives in 5 key areas in order to improve critical results through planning, changing their beliefs, and better aligning their responsibilities with their talents.

The Myths of Work / Life Balance

The first step in SynRG's approach is an examination of unconscious beliefs about responsibilities, duties, and methods that cause individuals to take on more responsibility than their resources allow them to complete. Participants uncover unconscious beliefs such as:

I am responsible for the well-being and success of my spouse, my children, my clients, my friends, my parents, my employees, my community...

It is not appropriate to say "No" when I am asked to do something.

By exposing and exploding these myths, participants are able to identify activities in their lives that are based on the assessment, priorities, and resources of others rather than their own. This insight will allow them to eliminate less critical responsibilities so they can focus on and prioritize **self-initiated** responsibilities.

The Responsibility / Resource Balance

Life balance is achieved when individuals have sufficient resources to meet their responsibilities. The key steps in reaching this balance are to:

- Determine 3-5 elements *critical* to your overall success.
- Develop a holistic, strategic plan to meet these critical success factors by aligning with your values and maximizing your resources.
- Focus on the actions that best fit your talents.
- Eliminate, postpone, or delegate everything else.

The Plan to Balance

With an 18-month action plan to meet critical goals, participants can devise creative measures to meet gaps in their resources by negotiating win/win deals with co-workers, family members, friends, peers, and professional associates. Individuals who adhere to their realistic plans will notice a reduction in frustration, guilt, and stress!

SEMINAR BENEFITS

**18-Month POWER STEP
PLAN that reflects:**

- **MODIFIED ATTITUDES ABOUT RESPONSIBILITIES**
- **CLARIFIED PERSONAL VISION**
- **INCREASED AWARENESS OF PERSONAL STRENGTHS, TALENTS, RESOURCES**
- **PRIORITIZED SUCCESS FACTORS**
- **IMPROVED PERSONAL PERFORMANCE**
- **EXPECTATIONS OF REDUCED STRESS LEVELS & INCREASED ENERGY**

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live your way, you are really a wise man.

Euripides: Greek tragic dramatist (484 BC - 406 BC)

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