

# Back On Track!

## Work Life Balance Workshop.

**Presenter:** John Cheetham MAPS

**Duration:** 2 Hours

**Numbers:** 10 – 50.

**Who would benefit:** People juggling a family and career/job.

### Aims of Workshop and desired outcomes:

- A clear indication of the ways to re-focus on what's important in our lives.
- Permission to enjoy some individual time out.
- Techniques to be able say 'no' and not lose your job or friends!
- Tools to help the family take some responsibility for the responsibilities around the home.
- Stress reduction.

### Workshop Segments:

- Discussion on the key stress causing issues today, and how to reduce the negative impact these can have in our lives.
- Introduction and quick run through of the "Back On Track" CD.
- Develop effective methods of recognizing the stress causing factors and cutting them off before they take control.
- Experience a guided relaxation / meditation session.

### Outcomes:

Participants will achieve:

- An understanding of their own triggers to stress and how to reduce the impact.
- Techniques that can meet the challenges of juggling a family, career and personal needs in today's environment.
- Tools to reduce the impact of stress when it comes into our lives.
- Permission NOT to be perfect!