

# EAC Training

## OUTLINE

- Topic:** **Work Life Balance**
- Description:** Today's employees have to deliver more results but, at the same time, are also placing greater priority on work/life family balance. In fact, surveys show that balance in work and personal life is the determining factor in promoting productivity and preventing burn-out.
- Employees experience some of their work stress from leading daily lives which are in conflict with their personal lives. This may come from not knowing what personal goals or values are, and therefore having no compass with which to guide daily choices. Today, there are many different options and role models for planning a work life that is consistent with life goals.
- Objectives:**
- Explore your values
  - Plan work/life
  - Learn strategies for combining career and personal life
  - Learn what additional resources are available to help attain balance
- Equipment:** White board or flip chart; markers
- Room Arrangement:** The optimal set-up for this session is seating that allows For 15-25 participants.
- Time:** 1 hour
- Delivered by:** Ron Scott