

Strategies for Work/Life Balance (2-Day Session + Coaching)



(Formerly Human Relations Skills)

Course Number:	MTS WL 001	Scheduled Sessions:	
Cost Per Person:	\$385/Participating, \$770/Non-Participating		
Eligibility:	All	Day 1	Day 2
Instructor:	Ann Wright	01/30/20 - 04/09/20	02/18/20 - 04/23/20
Length:	8:30 am – 4:30 pm + 3 group coaching sessions	03/05/20 - 04/30/20	
Certificate Series:	Advanced Professional Development Certificate		
Location:	Des Moines, Hoover State Office Building, Level A		

Overview:

Do you feel as if you're too busy to enjoy your own life? Are you ready to discover what is important and how to **make time for things that matter most at home and at work?** *The Windshield and the Rearview Mirror* provides employees with a variety of strategies that will support them in determining their priorities and how to spend their time, resulting in a newfound peace of mind. Participants will learn how to transform ideas into action and enjoy a lifetime of satisfaction! This is a workshop much different from other training activities. There will be a pre-course activity to complete, as well as group coaching offered as a part of this very interactive workshop.

Objectives:

- Included in this action-filled workshop are the following activities and benefits:
- Participants will Create a Vision for their Future and a Vision Board the first day.
- Topics such as mindset, training your brain, positive attitude, core values, taking action, will be discussed among others
- Accountability Partners will work with each other in-between workshops
- Three group coaching sessions, with each group of five or six participants, will be held via conference call in-between the two workshops
- Strategies will be discussed and an action plan developed by each participant.
- Participants have the opportunity to contact facilitator for support in-between workshops and coaching calls via email and/or brief phone calls.
- At the conclusion of the second workshop, participants will be given a "Balance Bag" with items to support them in their ongoing journey in achieving life/work balance.