

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



(Formerly Human Relations Skills)

<b>Course Number:</b>	MTS WL 001	<b>Scheduled Sessions:</b>
<b>Cost Per Person:</b>	\$385/Participating, \$770/Non-Participating	Day 1      Day 2
<b>Eligibility:</b>	All	<del>01/30/20</del> — <del>04/09/20</del>
<b>Instructor:</b>	Ann Wright	02/18/20 - 04/23/20
<b>Length:</b>	8:30 am – 4:30 pm + 3 group coaching sessions	<del>03/05/20</del> — <del>04/30/20</del>
<b>Certificate Series:</b>	Advanced Professional Development Certificate	04/30/20 – 06/10/20
<b>Location:</b>	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.