



Seminars

Work/Life Balance and Goal Setting

Seminar Length: 4 hours*

Participant Numbers: 10 min, 25 max*

Participants: any level within the organization*

* recommended

Our seminars are all *modular* by design – meaning that they are highly customizable to suit your exact needs. We partner closely with you to ensure we completely understand your desired outcomes. We invest the time to ensure we understand your organization and tailor the pre work, seminar and post work to get you the results you want.

Seminar Title: Work/Life Balance and Goal Setting

As our work lives become more intense many people find themselves at work over scheduled, over committed and under resourced. Successful organizations realize more than ever that balanced individuals make better employees, co workers, supervisors, managers and future leaders.

This seminar is full of practical ideas to help employees lead more balanced lives which in turn helps them be more effective in the workplace; more focused on the organization's highest priorities and even better equipped to make their best contribution in the workplace.

Also covered in this seminar is how to set and achieve worthwhile goals and presents what we can learn from the work of Ornstein and Sperry, as Nobel Prize Winners about how the brain works and what we can learn from others that have achieved amazing things in the world of work.

Leading organizations know the ability to set and achieve goals, aligned with the purpose of the organization is one of the keys to help unleash the potential of employees.

Fees

[†]Discounts available for Educational and Non/Not for Profit Organizations
Add another seminar to make a Full Day and benefit from a 30% discount

Facilitation Fees	Participant Guides	Travel Expenses
\$3,000 per Half Day [†]	\$25 per person (or we can send you the electronic file to print)	Agreed in advance and charged additionally

Marketing

We are available to partner with you to create electronic materials (at no cost) to help you communicate and market this seminar inside your organization.

Optional Extra - Online Pre & Post Survey

We've all heard the phrase "what gets measured gets done" because it's true! We encourage you to consider investing in a pre and post seminar survey. There's a lot of talk about different types of surveys—we have found that a simple (10 question) survey that's online (less than 5mins to complete) which is voluntary and confidential provides the most accurate pulse check on the heart of the team/organization.

We offer these at \$300 in total regardless of the amount of Participants. To emphasize this is a total figure, not per Participant and includes the pre and post survey (which we recommend 21 days after the seminar).

Our Promise **#1 Best Content** - We commit to always providing you access to the **BEST CONTENT** available.
#2 Best Person - We promise you the **BEST PERSON** from our team to meet your exact needs and serve your organizational culture.
#3 Best Results - We promise you **BEST RESULTS** within your organization as an end product of our training & development work with you.

Other Seminars available

Customer Centered Service • Personal and Interpersonal Effectiveness • Team Excellence • Positively Reducing Conflict
 Bridging the Generation Gap • Time Management • Leading Others • Business Financial Intelligence

We also offer

Keynotes Coaching