



***Aim:** to offer strategies and techniques to transform and integrate all aspects of life for better performance, better relationships and sustained well-being.*

At the end of this program you will develop a clear '**My Commitment Plan**' with self-evaluations, actions and frameworks for living a sustainable, integrated and effective life.

### 1. The Myth of Work Life Balance

- to capture current thinking of the term 'work-life balance'
- life and work is not a balancing act
- work life effectiveness is personal and based on 5 key themes

### 2. What is Important to me?

- exploring aspects of life that are crucial, essential and important
- developing personal values to clarify a personal identity
- appreciating personal roles in life and attention given to them

### 3. My Choices

- understanding our 3 modes of nature and their impact on life choices
- exploring the 3 modes preferred style for decision making
- creating a personal map for value based decision making for work-life effectiveness

### 4. My Time

- appreciating the three features of all work and activity (routine, desired, emergency)
- identifying challenges to time, including use of technology
- developing a schedule to manage routine and desired activities

### 5. My Relationships

- identifying three types of supportive relationships
- exploring responsibility and duty within relationships
- pillars of productive relationships T.E.A.M

### 6. Personal Resilience

- understanding faculties of the self and causes of stress
- developing strategies for resilience of the body, mind & intellect
- experiencing a meditation

### 7. My Commitment Plan for Work Life Effectiveness

**The three most prominent outcomes of this programme are:**

- + A more **motivated workforce** due to an increased work flow effectiveness.
- + **Greater engagement** due to an improved alignment of work and life goals.
- + **Higher productivity** and measurable gains in business results.

