



General Physics (UK) Ltd
www.generalphysics.co.uk

Achieving Work/Life Balance

Ref: GP-CO-UK-470 v1.0 - July 2011

© General Physics (UK) Ltd

For further information, please call

+44 (0)500 734 734

Email us at

emea-enquiries@gpworldwide.com

Visit our website

www.generalphysics.co.uk

www.gptrainingconsultants.com



Achieving Work/Life Balance

Duration

1 day

Overview

Balance the demands of performing in today's workplace with the demands and opportunities of personal life, whilst creating success and satisfaction with both.

In moments of reflection we often notice how fast life seems to be, wonder where all that time went and how those dreams and ambitions stay just that - dreams and ambitions. Learn how to put yourself in control, get moving towards those dreams and achieving what's really important to you.

Objectives

To put everyone more in control of their life by identifying those activities which lead to greater satisfaction and discovering how to avoid those activities that cause us stress and unhappiness.

Agenda

- What is work life balance?
- Describing 'Out of Balance'
- What if we don't get balanced
- Knowing what you really want, and why
- Putting first things first
- Doing more of what feels good, and less of what doesn't
- What does balance look and feel like to you
- Putting yourself in control
- Describing your future
- Identifying the challenges
- Planning a way forward