

7 Step Life / Work Balance

"Nothing is permanent but change" **Heraclitus**

Passion - Purpose - Empowerment

Ask yourself... Do I sometimes feel:

- ✓Overwhelmed by work or family responsibilities?
- ✓Like my life is being pulled in all directions except the one I want to go in?
- ✓Confused about the direction I want to go in?
- ✓Unable to perform my role as a partner, boss, parent or friend to the level I desire?
- ✓Like my relationships suffers due to a lack of time and attention?
- ✓Like I don't have time to relax or have fun?
- ✓Like I haven't got enough time in the day to meet all my commitments?
- ✓As though I have to sacrifice something in my life to meet other obligations?
- ✓That I have goals I want to achieve but no time to get around to doing them.

If you answered **Yes** to ANY of the above your wellbeing and work/life balance could be enhanced by doing our Life/Work Balance Program:

By the end of the program, you will be able to:

VISUALISE your dreams

PRIORITISE your life

Accept **RESPONSIBILITY**

Change your **ATTITUDE**

Be **HONESTY**

BALANCE your wellbeing

EMPOWER your life

You will be amazed at the change in your lifestyle by implementing steps to effective life/work balance. You will feel passion, purpose and empowerment to redesign your life.

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