

THE JUGGLING ACT – PUTTING YOUR WORK AND YOUR LIFE IN BALANCE



Busy executives are constantly being asked to juggle the demands of deadlines, reports, client expectations, budgets, friends and family. Mastering this juggling act gives you the chance to sit back and assess the *real* priorities in your life. Achieving your work/life balance is the key to achieving excellent performance.

To assist you in achieving optimum work/life balance, West 4 offers you a unique event of one and a half days. We run a 1 day workshop with the specific aim of working with your current work/life balance issues, helping you to get them back in balance. This is followed by telephone coaching sessions or longer sessions face to face (totalling 3.5 hours) arranged at a day and time to suit you.

The Result

Your priorities are clear, your goals are set, you receive on-going active support and challenge to enable you to achieve excellent performance in all aspects of your life.

What You Will Learn:

- How to identify what is really important in your life
- The skills of juggling – as applied to your life
- How to break out of old mind-sets that no longer work for you
- What actions you need to take to juggle your priorities in your favour

