



Cathy Hammer & Associates  
Workshops for Professionals

Stress  
Reduction  
Practices for  
Everyday Life.

Presented with Sylvia Warren  
of Simply the Best Coaching



## Workshop Description

It isn't surprising that work/life balance programs are booming. With accelerated competition, globalization and technology, business demands have become 24x7. Priorities are constantly shifting, which studies have shown overwhelms our natural brain chemistry. And the resulting lack of focus often produces unrealistic, sometimes undesirable expectations.

This workshop gives participants some easy useful tools for bringing their lives back into balance. The self- evaluation portion enables participants to clarify areas of discomfort and uncover strengths that may not be obvious. This knowledge forms a foundation for understanding how to leverage work and life dynamics so you are more supported.

We will also cover some practical tips for managing expectations, setting priorities, and maintaining focus so that your most important tasks get accomplished. These healthy patterns can be shared with team members, further lightening the work environment.

## Workshop Structure

Recommended audience: All levels of management, project teams, any group struggling with work/life issues.

Time Frame: 3 to 4 hours

Format: Written, partner, and small group exercises, case studies, and action planners. In house, this workshop is paired with a minimum of three one-to-one coaching sessions for each participant or three group phone sessions.

## Objectives

- Develop simple daily practices that help bring you back into balance.
- Gain tips for clarifying responsibilities and getting intended results.
- Learn how to arrange tasks in a way that supports healthy brain chemistry and meets critical business goals.