



Creating WorkLife Balance

Dispelling the myth that you can “have it all”
You can have “much of it all”
Time: not really the problem
Psychological Impacts on Work and Life
Cognitive Dissonance
Choices: The good news and the bad news
What is it that you want?

This presentation will contain information about creating more balance between your work and personal life. It doesn't have to be an all-or-nothing proposition; but it does require consistent effort and planning. As the old saying goes, “most good things are not easy, but they are simple.”

During this lively discussion, more questions may probably be raised than answered. That is what is intended. We are all ultimately responsible for the choices that we make, and everyone's situation will be different in some aspects. We are here to give you a new way of looking at this issue, and to give you some tools to enhance balance in your life.