



WORK LIFE BALANCE FOR TEAMS

Achieve greater harmony between work and life in an inspiring journey towards enhanced well-being and team effectiveness.

Overview

Unlock the secrets to cultivating a harmonious work-life balance within your team through our immersive workshop experience. Participants will delve into proven strategies for effectively managing competing priorities, mitigating burnout risks, and nurturing holistic well-being. Through a dynamic blend of interactive exercises, thought-provoking group discussions, and tailored coaching sessions, teams will collaboratively foster a supportive environment conducive to achieving sustainable harmony between work and life commitments.

Who this workshop is right for:

- Teams that are struggling to draw clear lines between work and home.
- Teams struggling with smooth collaboration, aiming to improve dynamics.
- Teams wanting to boost effectiveness and satisfaction.

Goals

- Equip individuals with tools to navigate work-life balance challenges effectively.
- Promote team cohesion and productivity with work-life balance strategies.
- Develop actionable techniques for clear communication and constructive conflict.
- Cultivate a team culture that values accountability and empathy.

"Understanding how to motivate and support my team has greatly improved the team dynamic and productivity." ~ GA Tech

Details

Length

3-4 hours

Venue

Indoors or virtual

Group size

5-500 people

Includes

- ✓ Pre-event assessment
- ✓ Professional facilitation.
- ✓ Application exercises.
- ✓ Research based materials.
- ✓ Digital review materials.
- ✓ Pre and post strategy sessions with leader.
- ✓ 30-Day follow up with group.

Rates

Venue	Base	11-200	200+
In-person	\$2,950	\$35	call
Virtual	\$2,450	\$15	call

*First 10 people included in base rate.
Add profiles: \$145 per person.
Add 4-month mastermind: \$3,800*





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Agenda & Activities

Balance Assessment (10 minutes) Before the workshop begins, team members will complete a Work-Life Balance Assessment to evaluate current challenges and opportunities.

Pre-event Consult (30 minutes) The team leader and facilitator review group information, align on outcomes for the event, and confirm other event details.

Welcome & Icebreakers (10 minutes) The workshop kicks off with a warm welcome, setting the stage for a collaborative and engaging experience. Icebreaker activities promote team bonding and create a positive atmosphere for learning.

Understanding Work-Life Balance (15-20 minutes) Participants will explore the concept of work-life balance and its importance for individual well-being and team performance. Through interactive discussions, teams will identify common challenges and opportunities for improvement.

Prioritization and Time Management (60 minutes) Engaging in prioritization exercises, teams will learn effective time management techniques to optimize productivity and reduce stress. Participants will develop personalized strategies for balancing work and personal commitments.

Stress Management and Self-Care (20-30 minutes) Facilitated discussions and mindfulness practices will equip teams with tools for managing stress and promoting self-care. Participants will learn to recognize signs of burnout and implement healthy coping mechanisms.

Setting Boundaries and Communication Skills (30-45 minutes) Teams will explore the importance of setting boundaries in achieving work-life balance and practice assertive communication techniques. Through role-playing scenarios, participants will enhance their ability to communicate needs and expectations effectively.

Flexibility and Adaptability (20-30 minutes) Discussions on flexibility in the workplace will empower teams to adapt to changing circumstances and find creative solutions to maintain balance. Participants will explore ways to embrace flexibility while staying focused on priorities.

Action Planning and Commitment (10-15 minutes) Teams will collaborate to develop actionable plans for integrating work-life balance practices into their daily routines. Facilitators will provide guidance and support in setting realistic goals and fostering accountability.

Post-event Consult (30 minutes) The team leader and facilitator review how the group responded to the event and what the leader can do to support the team further.

Virtual Group Follow-up (45-60 minutes) Approximately one month after the event, your facilitator will host a virtual follow-up session with the entire group to review key concepts, answer questions, discuss best practices, and assist with creating action plans.

Individual Coaching Sessions (Optional) Participants have the option to schedule individual coaching sessions with facilitators to receive personalized guidance on implementing work-life balance strategies. Call for a custom quote.

