

# Work life balance

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## Workshop objective

The aim of this workshop is to explore the concept of maintaining good wellbeing through achieving a balance in work and life that suits us.

## Workshop length

09.30 – 16.30          6 CPD hours

## Workshop outline

The workshop will allow delegates to:

- Examine the concept of work-life balance and work out what 'good' looks like for you
- Assess and explore your current work-life balance
- Set personal and professional goals
- Look at choices and prioritising what is important to you
- Consider what might need to change in your work and life to create your optimum balance
- Create an action plan

## Who is this workshop for?

The workshop particularly suits anyone of working age who may be balancing the needs of their employer/clients with family demands and their own interests and passions.

## What will I learn?

Delegates will learn how to examine the challenges that exist when we are overwhelmed with responsibilities, demands and opportunities. Attendees will consider their unique set of circumstances and align this with what they want to achieve.

## Your trainer - Lucy Whitehall, Director, Transform and Thrive Ltd.

Lucy Whitehall is a Positive Psychologist and Coach. She specialises in employee wellbeing and performance, helping people to access their innate resilience and strengths enabling them to flourish and thrive.

Lucy delivers inspiring workshops and guidance in Mindfulness, Positive Psychology, Mental Wellbeing, Supercharging Sleep, Personal Resilience, Work-Life Integration, Personal



Effectiveness, Assertiveness & Confidence, Time and Energy Management, Grit & Growth Mindset, Emotional Intelligence, Managing Change and Personal Branding.

Lucy is an experienced coach trained to masters level. She works with clients from all walks of life including senior leaders, managers, entrepreneurs and business owners.

She also holds a BSc in Life Sciences, MSc in Human Resource Management, and is a chartered member of the Institute of Personnel and Development (MCIPD). In 2018, Lucy qualified with the world recognised Masters in Applied Positive Psychology and Coaching Psychology (MAPPCP), from University of East London.

### **Comments from previous delegates**

*“Really liked Lucy’s empathetic approach, really engaged me”*

*“Lucy was very friendly and down to Earth”*

*“The trainer was interactive and happy to answer questions”*