

### Work-Life Balance Solutions

Wellness at Work provides workshop solutions that contribute to a comprehensive workplace strategy for voluntary health practices of employees. The workshops outlined below provide an opportunity for employees to attend interactive and engaging sessions relating to achieving a work-life balance and to go away with practical tips. *The benefits to an organization with work life balance programs and policies in place include the retention of skilled staff, increased production, and improved employee morale and satisfaction. Over time, a work-life balance focus will provide positive returns in the company's organizational culture and the bottom-line.*

The following *Solutions that Work* tailored to each workplace:

- Finding your Balance
- Setting S.M.A.R.T Goals
- Effective Time Management
- Take a Breath!
- Introduction to Mindful Based Relaxation

#### Finding your Balance

This session will define the meaning of work-life balance, review the impact of work-life balance on one's health, and provide tips and strategies for achieving balance. Participants will leave the session with new tools and strategies that they can begin using immediately to strike a work-life balance.

#### Setting S.M.A.R.T Goals

Learn the characteristics of effective goal setting using the S.M.A.R.T goal technique and how to reduce barriers to achieving your goals. Participants will leave this session with an understanding of the purpose of goal setting the appropriate tools to make goals a reality.

#### Effective Time Management

Effective time management is an essential component of achieving work-life balance. In this interactive session, participants will have the opportunity to examine their personal time management ability. Learn the top 10 skills to effective time management and practical strategies for achieving a work-life balance.

### **Take a Breath!**

In this powerful session, participants will focus on conscious breathing through a series of whole-body breathing exercises. Learn to integrate these breathing techniques in your daily routine to mitigate feelings of stress and to improve overall health and wellness.

### **Introduction to Mindful Based Relaxation (Seated Yoga and Relaxation)**

A relaxation expert will take the group through various light stretching and breathing exercises appropriate for the work environment, ending in a guided visualization. The power of this session is the demonstration of the benefits of deep relaxation while infusing the individual with energy and a feeling of rejuvenation.

### **Why Wellness at Work?**

Wellness at Work has created, presented and collaborated in the development of many seminars over the past 20 years. This experience has included providing workshops to organizations and companies, both large and small. Each session, from 30 minutes to a full day, is tailored to meet the needs of the workplace. Wellness at Work does not provide a “canned” presentation but will utilize information provided by the workplace in conjunction with recognized health promotion techniques and the latest research to address the chosen topic. For participant learning to occur, each session will be planned with awareness and education objectives to be achieved. The follow-up process evaluation will ensure that short term outcomes are captured so that the workplace can track progress toward its wellness goals.

If you have any questions about the sessions above or would like to receive a quote, please contact us at [info@wellnessatworksolutions.com](mailto:info@wellnessatworksolutions.com).