



HOW TO CREATE A HEALTHY LIFE BALANCE WITHOUT LOSING YOUR MIND

(For Women's Groups)

- Do you struggle to meet the expectations of others?**
- Are there times when you wish you could get back in bed and sleep through the day?**
- Do you struggle with how to prioritize choices and activities?**
- Is it possible to set your own personal standards too high?**

According to a recent survey about working women, 65.7 million women contribute to the workforce. In today's fast paced society, women are constantly on the move. They hustle off to work to meet their managers', co-workers' and clients' needs. They return home to meet their family's needs, finally passing out in bed and never getting the chance to take proper care of themselves. The next day, the process starts all over again. The pressures of balancing it all can appear to be overwhelming.



With a husband, five children under the ages of 13 and executive producer and host of her own television show, Kim Jacobs is living the life of her dreams. In her presentation and workshop, women learn how to balance their lives at home and at work to reach their maximum level of productivity in both environments. Through a combination of small group activities, guided discussions and real world examples, this action-packed workshop will provide invaluable strategies for obtaining life balance. Highly interactive and relevant to women striving to achieve satisfaction,

peace of mind, joy and meaning, you'll learn how to prioritize tasks, goals and dreams necessary for women today.

In this presentation, be prepared to learn:

- The early warning signs of imbalance
- How to prioritize to maximize activities
- How to actualize the principle of "Be here now."
- Creative strategies to ensure that you don't have to choose between work and family
- That balance is a choice and should reflect your intention
- How to ensure that your priorities, purpose and daily practices align with your values
- Strategies for taking care of yourself: The TCS Principle
- How to develop an Individualized Family Plan
- How to minimize the "Spillover effect"
- What life alignment looks like

(Available in one hour to half day workshops)

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