

The Non-Profit Staff Development Coalition (NPSDC) presents...

<http://www.learningconnections.org/coalition/>

# FINDING YOUR WORK-LIFE BALANCE

Wednesday | April 7, 2010 | 9:00am – 4:00pm

Location: The 2100 Building | Community Room B | 2100 24th Ave South | Seattle WA 98144

**Are you having trouble saying no and setting limits?**

**Do you feel burned out but don't know what to do?**

This interactive workshop provides a dynamic look at today's challenge of work-life balance. Learn and practice research-based tools for improving your work-life balance and walk away with a personal plan for making real change.

## Workshop Objectives:

- A personal analysis of participants' work-life balance profile
- Strategies for dealing with challenging situations including, but not limited to:
  - difficult co-workers and supervisors
  - compassion fatigue and burnout
  - limit setting and saying no
- Application skills for transferring new learning to the workplace

## Participants will:

- Gain an introduction to research-based strategies for improving work-life balance
- Assess their own work-life balance
- Identify personal stressors and strengths
- Recognize the importance of self-care
- Acquire balance tools including identifying and reducing burnout and setting limits
- Practice balance strategies in real-time, including self-care, stress reduction, and limit-setting strategies
- Create a personal plan for implementing an improved work-life balance

(This workshop is designed for staff across levels)

**TRAINERS:** KARA LAVERDE, M.S.W., B.A. and MONIQUE SHIRA, B.A.

## WORKSHOP FEE

### Coalition Member Organization

\$90 per participant [for 1-5 staff from member organization]

\$80 per participant [6 or more staff from member organization]

### Non-Member Organization

\$120 per participant

**Lunch will be on your own.**

## Continuing Education Units/Clock Hours

Participants can register for Highline Community College **Continuing Education Units (CEUs)**.

The cost is \$10.00 per course. CEU forms are available at the workshop.

**Free Clock Hours available at the workshop.**

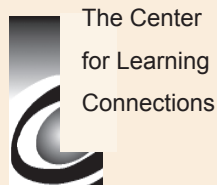
**REGISTER ONLINE TODAY !!** (space is limited)

To register online, go to: <http://www.learningconnections.org/coalition/workshops/2010/apr7>

## Contact

For more information about this workshop, contact **Anna McCain** (206) 870-5908 or E-mail: [amccain@highline.edu](mailto:amccain@highline.edu)

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