



FOCUS

Doing the Unnatural - How to Maintain the Balance Between Work and Lifestyle!

Have you ever been stuck at work wishing that you were somewhere else?

Do you ever find yourself out of time to do the things that you really want to do?

And when you finally get the time, you don't have the energy left to do it anyway?

The work is never done. Even if we stayed at work until midnight every night, five days a week for the next three months, there would still be work to do!

We then further frustrate ourselves by promising ourselves we will do what really matters next month when we are not so busy. The paradox is that we will be just as busy next month as we are this month!

So how do you make everything fit? The most common argument goes something like this; "In order to advance my career I have to be seen to be "putting-in". However the trade-off is an immediate and longer-term impact on my lifestyle. So what's the answer? "Work less, miss out? Work more, miss out?"

So how do we arrest the trend and recreate a healthy balance between work and lifestyle? You will learn a range of practical "how to" strategies that individuals can quickly and easily use and role model to recreate and maintain the balance between work and lifestyle.

If you are interested in;

- ***Being effective at work and at home***
- ***Learning how to say no without compromising your relationships***
- ***Focusing your energy on what matter most***

Please contact the office of Bruce Sullivan to discuss how we can help you on +61 7 3268 3111 or send an email to info@brucesullivan.com