In-House Workshops

Work/Life Balance

We all wear many different hats these days, especially business owners. How to balance all the demands on your time without burn-out is the big question. Learn some sanity-saving strategies in this workshop, such as:

- Setting realistic goals for your business, health & family
- Learn what your energy source is (introvert or extrovert)
- Ten characteristics of emotionally resilient people
- What is your communication style?
- The 8 aspects of overall wellness ... and more

Wednesday, September 12th, 2018
9:30 am to 12 Noon

Business trainer Gayle Draper, a certified Career Strategist, Forbes Coaching Council Member, and Human Resources Leader, will help participants discover the best strategies for leading a balanced life.

Pre-registration required/$35 per session
“No Charge for Business Excellence Training Program Clients”