



# Managing Work / Life Balance

*Navigating a road to renewed energy and lasting resilience*

## *Workshop outline*

*If you are someone who is juggling a demanding job with a busy home life and are keen to learn how to keep enough fuel in your tank to manage the responsibilities in your life, then this workshop is for you. Demands of work, such as deadlines and meetings, can clash with other needs in your life and you may feel like there's nothing you can do to change it. This workshop will offer some practical strategies to alleviate the everyday stresses and help you gain a healthy work/life balance, hence providing you with renewed energy and lasting resilience.*



## **The workshop will cover the following areas:**

**The nature of stress** – Stress has both a physical and emotional toll on our wellbeing. Learn how to recognise what is a normal stress level and how to distinguish between external/internal and positive/negative stress.

**Personal Coping Strategies** – Recent discoveries in psychology have revealed practical techniques that are capable of rapidly reducing the effect of negative emotions, leaving us calm and in control. Some of the personal coping strategies include Emotional Freedom Techniques (EFT), breathing for release and relaxation, creating a positive anchor through NLP, humour as a harmoniser, creative art therapy, Cognitive behaviour therapy, and visualising your way to a brighter future.

**Approach others differently** – Blocks can occur at work and home and we often try the same approach over and over again, expecting different results. Some call this a definition of insanity! Learn how to break old patterns of communication and implement a fresh approach to your interactions that will increase understanding for yourself and those around you.

Participants will receive a workbook with the content of the workshop as well as tip sheets on topics such as, Coping with a growing workload, Conflict in the workplace, Communicating effectively at work and home, Dealing with a Difficult Boss, Painless Public speaking and Presentations, Helping a depressed family member, Dealing with cultural transitions at work, Travelling Spouses, Moving with children, Helping with HSC Stress, How to stop shouting and screaming at the kids, Sibling Rivalry, Separation and Divorce, Single Parenting, Step Families, and Cross cultural families. In addition, a list of books will be included, providing useful tools to help employees manage stress and gain a better work/life balance. A Useful Contacts for families page with telephone numbers and websites will also be included in the workbook.

## **Feedback**

*Applying the stress techniques has helped me gain perspective in my life.*

*I am so much better at prioritizing things in my life.*

*I am more in tune with my core values, and my body's energy system and what activities allow me to release my bad energy.*

*The best point regarding applying effective stress techniques like EFT, is that my stress levels have reduced, even though my work load and pressures have increased.*

*Since implementing the work/life stress techniques, my business gross sales are up 43%, the store's customer count is up 48% and store productivity is up 45%. I was awarded Subway Franchisee of the Month for February.*

*I was introduced to EFT in my first program. I began using this immediately as a way to cope with everyday stress, and continue to use it everyday.*

*The facilitator was excellent, very professional and helpful in making me recognize issues and underlying feelings.*

## About the Life Institute of Family Education and its Presenters:



LIFE was founded by Dr Julie Rosengren to provide parents, teachers and carers with learning and support in the psychology of cultivating healthy family relationships and raising emotionally healthy children. LIFE consultants have been delivering innovative parenting, caring and working seminars to corporate, government, schools, day cares and individuals since 1999 and consulting specifically on family issues since 1994.

**Dr Julie Rosengren** is a Consultant, Writer and Educator in Psychology with 20 years experience across a range of industries. Julie developed the HOPE parenting workshop series and the Successful Aging: Respectful Caring workshop based on her doctoral research in emotional intelligence, her experience as a mother of 3 and Aunt to 45 nephews and nieces, and her love for children's stories, activities and play. She has joined forces with Mind Advantage to develop an innovative program on Managing Work/ Life/ Family Balance: Navigating a road to renewed energy and lasting resilience.

Professional Qualifications: BA (Sydney), G. Dip. Education (Murdoch), MSc. Management (Oxford), Ed. D (Murdoch)

**Jacqui Manning** is a Registered Psychologist and a Co-Director of Mind Advantage, a Centre for Positive Change in Balmain. She specialises in teaching individuals and companies how to alleviate inner stress and anxiety to allow more positive energy to enter their lives at work and home. She has appeared in several print publications (Sydney Morning Herald, Diabetic Living, Junior Magazine), following her passion to educate the public on the value of paying attention to their emotional health.

Professional Qualifications: BA (Macq. Uni); MA (Sydney)

**Diane Neve** is an Organisational Psychologist who has specialised in the area of Training and Development for over 20 years. Diane has two daughters and her experiences as a mum have helped her consolidate and transform the psychological theory she has worked with into a clear understanding of the challenges that parents face in day to day life.

Professional Qualifications: BA hons (UQ), GDip (USQ)

**Julia Brierley** is a Consultant, Coach and Educator, who has combined a successful international career in the corporate sector with further studies in psychology and counselling. Julia is the mother of three girls. Her special interests include cross cultural relationships, developing resiliency in children and the challenges faced by working parents.

Professional Qualifications: BA Hons (Bristol); BSc Psych (Macquarie); G. Dip. Counselling/Psychotherapy (JNI)

**Rita Princi** is a Registered Psychologist working in a private practice in North Adelaide, SA. She works with children, adolescents and adults individually, as well as running self-esteem groups for children and parents, and parenting programs for ante-natal and post-natal groups. She conducts workshops on children's issues for teacher and parent groups, provides counselling as part of Employee Assistance Programs and intellectual, academic and career guidance assessments. Rita is the mother of two adult sons.

Professional Qualifications: B Psych Hons (Flinders), M Psych Clin (Flinders)

**Peter Tryon** is a Registered Psychologist based in Sydney working in an educational setting and in private practice. He works with children 0-18, both individually and in groups. Peter conducts workshops for parents on a wide range of issues relating to children, in particular, parenting issues and skills. Peter is especially interested in motivational issues, stress, anxiety and depression in children of all ages. With his wife, Christine, he has three daughters and four beautiful grandchildren.

Professional qualifications: BA (Canty); DipEd (Canty); MLitt (Psych)(UNE); Med (Counselling Psychology) (UWS); MAPS (Assoc).

**Rebekka Tuqiri** is a Registered Psychologist working in private practice and at the Health Psychology Unit at the Royal North Shore Hospital, NSW. She works with adolescents and adults and runs cognitive behaviour therapy groups focusing on stress, anxiety, depression, anger, and self-esteem. She is a mother and given this new role has now turned her interest to supporting parents in the challenges of parenthood.

Professional Qualifications: Bachelor of Psychology (Hons), Assoc. MAPS.

**Alison Brown** is a Registered Psychologist in Melbourne, an experienced teacher and a parent of two daughters. In providing group programs for children, she brings experience from both an educational and psychological background. Having taught for seven years, and worked as a school psychologist, she has first-hand experience in recognising and catering for the social, emotional, academic, and organisational needs of students. Alison runs a private practice in Melbourne, working particularly in the areas of parenting, counselling and gifted children.

Professional qualifications: Grad Dip (Psych), B. Ed. (Psych), Dip. Teaching (Primary)

**Annette Mutimer** is a Registered Psychologist working in private practice in the northern suburbs of Melbourne. She specialises in working with children and adolescents and visits schools regularly to assist with behaviour management. Annette's PhD thesis is looking at resilience and young children. Annette is married with two children.

Professional qualifications: BEd (Melb), Grad Dip Spec. Ed. (Melb), Post Grad Dip Psych (Monash), M Psych (RMIT)

**Heidi Hibberd** (LIFE's Artist) is an illustrator and art director who has worked in magazines, advertising and graphic design. She has sold and published many paintings and designs. Heidi and her husband Pete won the Fairfax, Young Creative Award and represented Australia at the Cannes Advertising Festival in 2004. Heidi has received many more awards for her extraordinary and contemporary work. She is also an award winning musician, song writer and singer and has released an album, Stars and Streetlights. She is from a large family of 9 children, and she and her husband, Pete, have a son named Sol.