

All About You

Work/life balance workshops

Are you doing well but know you can be more successful?
Do you want to maximise your success at work and at home in your private life?

**A potential client has never taken me on saying “I want you to help me with my work/life balance.”
Yet without a good work/life balance you will never get to where you want to be.**

This work/life balance workshop is designed to help you maximise your life, be your own champion and encourages you to reflect on what you want, rather than striving constantly to keep pace.

Work/Life Balance Workshops

**The workshops are divided into 5 sections.
Wellbeing, money, spirituality, relationships and physical environment.
Here are just a few questions taken from each section to provide you with an example.**

“Are you juggling professional and domestic demands - always time poor?”

“Do you pay your bills on time and consistently save 10% of your income?”

“Rather than complaining do you make requests of others so they know how they can help you?”

“Your personal files, papers and receipts are filed away neatly?”

“Do you harbour any unresolved resentment, animosity or ill-will towards others?”

You could argue that these are trivial questions however it is on such finer points that our happy equilibrium depends.

Upcoming workshop dates

Friday 18th April 11.30am - 2.30pm
Thursday 1st May 10am - 1pm

Call me, Anna Mason to find out if this workshop is for you or to book your place
tel 07778 218009 or email anna@annamason.co.uk www.annamason.co.uk



Workshop Booking Form

Please use this form to book either of the Work/Life Balance workshops detailed above. If none of the current dates are convenient for you, register your interest and i will be in touch when new dates are arranged.

First Name

Last Name

Company Name

Address 1

Address 2

City

Postcode

Telephone

Email Address

Indicate which workshop date

Comments

The fee of £45 is payable upon booking, this includes light refreshments. Please make your cheques payable to Anna Mason and post to The Grange, Welford Road, Long Marston, Warwickshire, CV37 8RH.

