

## *Creating Work Life ~~Balance~~ Harmony*

“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.” Vince Lombardi

If you are an Executive, Corporate Leader, Manager, Director, or someone who has achieved a high- ranking level of professional status, it is more than likely that your focus, time, attention and energy has been primarily devoted to your work and efforts to climb up the corporate ladder or at least maintain your level of success. Throughout your career span you have and possibly still are in a perpetual state of managing your work responsibilities and deciding what, when and how to fit in aspects of your personal life along the way.

- ❖ Have you neglected your time with your family?
- ❖ Do you spend quality time for yourself?
- ❖ Have you missed out on milestone moments in the lives of your children, friends and loved one?
- ❖ Do you find yourself rushing to take care of personal responsibilities due to your time dedicated to work hours?
- ❖ What have you sacrificed personally in order to give your best to your job?
- ❖ Are you hesitant about changing your work routine for fear it will jeopardize your upward mobility or negatively affect your current professional status?
- ❖ Are you on the spinning wheel of work and afraid to jump off or even slow it down?

**It may be time to assess your values and align your behaviors accordingly to experience the life you want in a more harmonious manner.**

For those seeking a solution to managing the roles and demands of their career and personal lives, finding harmony between the two may be more attainable, realistic, and sustainable than what is often described as finding balance. When anything is in balance, everything is on an equal or even plane. Nothing moves, overlaps, or changes; and everything is of equal proportion.

Work-Life Harmony means, not everything will take precedence at the exact same time. Complete focus may need to be given to one element more so than another for a moment.

The Work-Life Harmony topic for keynotes and workshops helps professionals looking to find a more productive and sustainable way to manage boundaries between their work and personal life. They will learn how to identify their needs, assess their specific situations, and learn specific steps to create a sense of peace with how they are handling life.