



## Program Description

### *"EQUILIBRIUM!"*

*Balancing Your Career and Life*

Equilibrium refers to the proper balance between the activities in your life. Balance is tough to achieve, because you have a real commitment to your job AND to your family. You love your work life and your personal lives, often with equal vigor, and don't want to give either one up. Professionals find it difficult to participate fully in one arena without sacrificing the other, but successful people know high performance depends on both personal satisfaction and professional achievement. This program teaches lifestyle tactics to help you to work at a realistic level.

### Course Objectives:

1. Allocate time according to your values and the top priorities in your life.
2. Strive to reach your ideal life balance, without being satisfied with "close enough."
3. Set appropriate boundaries and stick to your guns.
4. Stop thinking about work and enjoy your personal time.
5. Ask for help when you need it.
6. Create rituals with your family to reconnect during stressful times and create fond memories.
7. Don't waste time watching excessive television, playing video games, or surfing the Internet.
8. Turn off the technology when you're with your family or on personal time.
9. Learn about the wellness and family balance programs offered by your company.
10. Leave work on time.

