



National Work-Life Week - free advisory sessions

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The idea of hosting a **series of online sessions**, in conjunction with the charity **Working Families**, was sparked by **Jenny Garrett's** experiences as an executive coach and founder of **Reflexion Associations** leadership consultancy.

During **National Work-Life Week** (24 to 28 September 2012) seven experts for **free advisory workshops**, which can be accessed from the comfort of your **office or home** via **Skilio.com**.

Which session will suit you best?

◆ **Struggling with the transition from professional to parent?** Finding it difficult to switch off from work, **wind down** and be truly present for those around you? Do you **struggle** to turn off the "work persona"?

Book online to join Jenny Garrett's [Transitioning from your professional to personal life with ease](#) on Tuesday 25 September 2012 at 12.30pm GMT+1

◆ **Seeking some "me-time" techniques as a busy working mum/dad?** Have you considered **yoga** and **meditation** but you're not sure where to begin?

Register for **Ntathu Allen's** [Five steps to discovering your balance session](#) on Monday 24 September 2012 at 9am GMT+1

◆ **Need to take back control of happiness versus stress?** Do you want to **learn how** to get back on top of your life and **excel** again? Do your **stress levels** feel out of control? Would you like to **be happy** in and out of your work once again?

Sign up for **Jacqueline Brodnitzki's** [The three keys to high performance and happiness at work and beyond workshop](#) on Friday 28 September 2012 at 12.30pm GMT+1

◆ **Have you forgotten what is important to you?** Do you want to **remember** how to **prioritise**? Need a reminder about **how to focus** on what you want in your life - right now?

Nina Grunfeld's highly interactive eClub [What's Important](#) will set you on the right path on Wednesday 26 September 2012 at 12.30pm GMT+1

◆ **Do you suffer from the "I'll be happy when..." syndrome?** Do you recognise the **outer influences** on your happiness and inner wellbeing?

Register for free to join **Jan Marchant's** [Inner Wellbeing workshop](#) on Thursday 27th September 2012 at 12.30pm GMT+1

◆ **Would you like to take responsibility for your health and wellbeing?** Do you have a **desire** to be physically, mentally, emotionally and spiritually **healthy**? Are you seeking **guidance** on realising your **goals, dreams** and aspirations?

Ombassa Sophera invites you to join her [Taking responsibility for your health and wellbeing workshop](#), which is her signature session using P.L.A.Y (purposefully loving appreciating you), a new toolbox of stimulating and fun methods that create a blueprint for lifetime stress management. Friday 28 September 2012 6pm GMT+1

◆ **Ever feel like you just need a good giggle?** Feeling **stressed**, tired, depressed, **de-motivated** and anxious?

Join **Shareen Richter's** [Quantum laughter and happiness: finding inner joy and strength from a challenging world workshop](#) on Thursday 27 September 2012 at 9.30am GMT+1



