



Leading a Work-Life Balance with Intentionality

January 27, 2022 | 10:00am-12:00pm
Webinar

In today's 24/7 world of accessibility and technology, finding a work-life balance can allude even the best of us. In fact, it's not so much work-life balance anymore but rather, work-life integration. Many regularly work in the evenings and on the weekends. But what happens when life and work are out of balance and companies begin to suffer in lost productivity, mistakes and mental stress that begins to have negative health consequences as a result? Leadership guru John Maxwell reminds in the 15 Laws of Growth that we must be intentional about our environment and the design of our life.

Just like having more sales does not necessarily lead to greater profitability, working longer hours does not necessarily lead to greater productivity. There are many ways you can be intentional about gaining the work-life balance you desire. This class will show:

- Growth, life and balance doesn't just happen- you must create a plan
- Recognize your own gaps, values and what allows you to thrive
- Keys to evaluating work load, minimizing burn out and prioritizing the "nice to haves" from the truly urgent
- Good aspects of tension, giving up and asking the hard questions

Instructor: Susan Hileman, Founder, Red Day Communications

Susan Hileman, Founder of Red Day Communications, has spent more than 25 years serving manufacturing; the last 15 years as a Strategic Business Advisor for the NWIRC. She is a graduate of Clarion University with degrees in Business Management and Speech Communication, a certified John Maxwell Group Team member, and trained in DISC Behavioral Profiling. Susan is a veteran of the U.S. Air Force.



Cost - \$149

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