



Janet Taylor & Associates

Psychologists, Counsellors & Consultants
www.infinitehealth.com.au

WORK/LIFE BALANCE WORKSHOPS FOR WOMEN

With Janet Taylor
Psychologist, Counsellor & Professional Coach

GAIA RETREAT & SPA

A powerful program that will provide valuable information & many practical tools that are needed in order to live a life of real balance, joy and optimum health.

WHO SHOULD ATTEND

Anyone trying to juggle work and life commitments
Health wellbeing and lifestyle specialists
Small Business owners within the Health Industry
Corporate Health Companies
Business executives and managers
Providers of corporate leadership and stress management programs
Psychologists and counsellors

PROGRAM STRUCTURE

The program comprises six sessions of 150 mins each. The sessions are inclusive of breaks and time for the sharing of ideas & participant question time.

1. Introduction to Work/life Balance/Symptomatic signs of a life out of balance
2. Constructing a personal Work/Life Balance Model
3. Psychological Strategies needed to ensure the model works for you
4. Physiological impacts : Managing stress hormones/Balancing biochemistry
5. Lifestyle issues impacting on Work/Life Balance: Motivation/Performance/Time Management/Grief and Loss/Illness/Life transition
6. Review of all strategies and techniques learned during the work shop

PRESENTER

Janet Taylor has had experience presenting professional and personal development programs in both private and corporate settings for the past two decades. Her work as a Corporate and Private Psychologist has led over the last 10 yrs, to specialising in empowering groups and individuals so that they perform and live at their highest level of joy, health and self-fulfillment as is possible.

CONTACT

Gaia Retreat & Spa for bookings
Ph 61 2 6687 11216 or visit www.gaiaretreat.com.au and visit the Speciality Retreat Page
BOOKINGS ARE LIMITED

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