



Work-Life Balance

Work-Life Balance How to have it all and keep your sanity!

Work-Life Balance is what everyone of us strives to achieve.

But how do you achieve everything at home without making sacrifices at work or how do you achieve your professional goals and still lead a happy and fulfilling home life doing all the things you dream about?

This interactive workshop helps you put it all into perspective. We will give you real strategies to implement to have it all without having to hide the kids under the boardroom table for that all important meeting.

Paula Smith; Training Director at Studio West is a passionate and energetic trainer/facilitator who has over 20 years experience delivering personal and professional development programmes. Self employed for more than 2 decades and raising a family, Paula has still managed to help thousands of women of all ages achieve their dreams and is often called upon as a keynote speaker to inspire and motivate others. Paula has delivered workshops and seminars in Australia and overseas to a diverse client base. A proud mum, wife, friend and boss also juggling work-life balance and looking forward to sharing this engaging workshops with you.

The Work-Life Balance workshop will cover:

- What is a balance?
- Who defines success?
- Who are you?
- Creative time management
- How to be more productive with less time
- Feeling great
- How to delegate effectively
- Keep your focus



Presentation Skills, Customer Service, Training and Assessment, Communication, Frontline Management, Personal and Professional Development are just some of the other soft skill programmes Studio West can deliver for you.

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