



Building Resiliency for Work-Life *harmony*

Work-life balance is elusive.
Work-life harmony is achievable.

It's not impossible.

Work-life balance is a golden goal that is almost impossible to reach, and the pursuit of it is exhausting. Pandemic pressures, escalation of work-from-home or hybrid work models, and expectations often placed on female employees have blurred the lines between time spent professionally and personally. Instead of aiming for an ideal equilibrium, you must find a way to achieve work-life harmony.

Our Building Resiliency for Work-Life Harmony Program will give you tools, techniques, and expert advice to help you manage change, stress, and your career and find calm in the work-life storm.

*Women are the default
caregivers, and chore-doers.*

We are pushed to **do more** and it's
affecting our physical and mental health.

A PROBLEM HIGHLIGHTED BY THE PANDEMIC

The pandemic highlighted that women are often the default caregivers and chore-doers, even in relationships that strive for equality. Inside many corporations, women must also work harder to be heard, recognized, and earn their seat at the table.

This means that we push ourselves to do more, put in more hours, and stay plugged in to the office while still trying to make time for family, friends, and personal wellness.

In striving for the elusive work-life balance, we often set ourselves up for *failure*. We become enslaved to our never-ending to-do lists in our attempt to have it all, increasing feelings of *depression, overwhelm, stress, exhaustion, and burnout*.

Before the pandemic, just **5%** of employed workers and **7%** of unemployed workers said their mental health was poor or very poor. Now, **18%** of employed and **27%** of unemployed workers say they struggle with mental health issues.

BURNOUT

Additionally, employee burnout is rising, with **52%** of all workers feeling burned out, up **9%** from a pre-COVID survey. The pandemic and its aftershocks are affecting women's physical health as well their mental health, with increases in hypertension, coronary heart disease, and binge drinking behavior.

Working more

26% of the work is done outside regular working hours

61% of remote workers and 53% of on-site workers now find it more difficult to "unplug" from work during off-hours

53% of virtual or work-from-home employees are working more hours currently than they were in the office, while 31% say they are working "much more" than before the pandemic



RESILIENCY IS A SKILL THAT CAN BE LEARNED

There are ways to minimize these negative impacts for women – and it isn't about finding **balance**. It's about creating a reality that works for you, building your resiliency to face change, setting boundaries, and finding **harmony**.

Resilience is the ability to recover from misfortune or adjust to change. Highly resilient people can harness their inner strength to rebound from challenges and take better control of their reactions in adverse situations. "Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life, and better handle stress." Resilience can help you achieve a sense of **harmony**.

The good news is that resiliency is a skill that can be learned and strengthened. You are stronger than you think. Let go of worrying about what you can't change and act on what you can – we can help.

Our specially curated Resiliency for Work-Life Harmony Program and corresponding eJournal can help you build your resiliency, increase your mental well-being, recognize patterns, create boundaries, and find work-life harmony.

Did you know?

More women than men feel exhaustion, burnout, and pressure to work more.

HERE'S HOW WE HELP:

- ✓ Build your Resiliency
- ✓ Increase your Mental Well-Being
- ✓ Recognize Patterns
- ✓ Create Boundaries
- ✓ Find Work-Life Harmony



STRENGTHEN YOUR RESILIENCE

Our Building Resiliency for Work-Life Harmony Program is strategically tailored for women. It promises to build participants' resiliency by teaching change and stress management techniques, ways to improve productivity, communication, and collaboration in work-from-home and hybrid business models and offers direction on contributing to and creating positive work culture. The courses weave practical guidance with expert insight that can help you reach work-life harmony - no matter what future challenges you may face.

Our Building Resiliency for Work-Life Harmony Program is excellent for women who want to enrich their lives and enhance their capabilities and leaders who want to help foster a more resilient workforce.

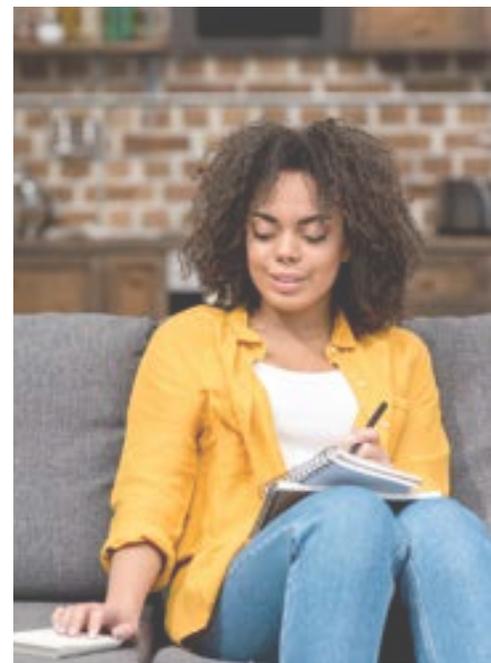
With one year of access to the courses, you can work through your learning journey at your own pace. Our specially curated curriculum addresses five critical foundations necessary for increased resiliency and harmony.

Preparing for Crisis and Beyond

- Navigating the Post-Pandemic Workplace
- Expert Insights on Adapting to Change
- Expert Insights on Resilience & Perseverance
- Forging Ahead with Perseverance and Resilience

Staying Positive While Managing Stress and Mindsets

- Positive Atmosphere: Establishing a Positive Work Environment
- Positive Atmosphere: How Organizational Learning Drives Positive Change
- Expert Insights on Establishing a Positive Work Culture
- Managing Pressure and Stress to Optimize Your Performance
- Expert Insights on Managing Stress
- Taking Stock of Your Work/Life Balance
- Staying Balanced in a Shifting World
- Take a Deep Breath and Manage Your Stress



FEATURES

Along with the 33-course curriculum delivered by industry-leading specialists, you'll also get:

- Access to over 475 additional business courses
- Thousands of books, summaries, audiobooks, and audio summaries
- 24/7 access from any device for one year

Invest in your well being!

Look at our special offer below!

(retails for \$599)



Sign-up
BEFORE
12/31/21
and enjoy a promotional
rate of
ONLY
\$399.

MANAGE CHANGE & STRESS AND ACHIEVE WORK-LIFE HARMONY

Personal Productivity while Working Remotely

- Contributing as a Virtual Team Member
- Facing Virtual Team Challenges
- Expert Insights on Work/Life Balance
- Maximize Your Productivity by Managing Time and Tasks
- Achieve Productivity in Your Personal Life
- Expert Insights on Personal Productivity

Communication and Managing Up

- Building Rapport with Your Boss
- A Difficult Boss Doesn't Have to Be a Difficult Problem
- Expert Insights on Managing Up
- Capturing the Attention of Senior Executives
- Do We Have a Failure to Communicate?
- The Art and Science of Communication
- Encouraging Team Communication and Collaboration
- Expert Insights on Communication Essentials
- How to Manage Difficult Conversations

Collaboration and Teamwork

- Being an Effective Team Member
- Strategies for Building a Cohesive Team
- Effective Team Communication
- Becoming a Successful Collaborator
- Expert Insights on Working Effectively on a Team
- Expert Insights on Collaboration



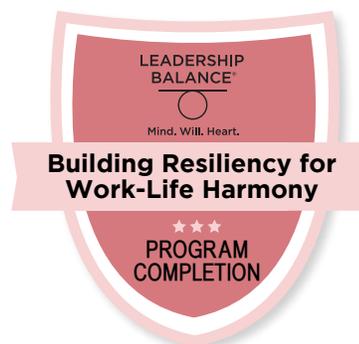
INCLUDES FIVE CATEGORIES OF LEARNING!

Our Building Resiliency for Work-Life Harmony Program includes:

- Preparing for Crisis and Beyond
- Staying Positive While Managing Stress and Mind-sets
- Personal Productivity while Working Remotely
- Communication and Managing Up
- Collaboration and Teamwork

YOU DID IT!

Certificate of completion and digital badge provided upon completion of the program!



FROM OUR CEO



Cathy Light's dynamic energy and passion for helping organizations and individuals reach their highest potential have led her to establish Leadership Balance® and three other growing enterprises: Assessment Leaders, Diversity Equity Inclusion and Be Well Perform Well.

“The pandemic took its toll on women. As we move through it, one thing is sure – the world of work will never be the same again. The pace of transformation has intensified, and the only constant we can be certain of is change.

We created this program to help women navigate this year, next, and whatever future disruptions may occur. The best way to manage change successfully is by strengthening resiliency; it's also the best way to create a sense of harmony between our personal and professional lives.

Resiliency is like a magic elixir – able to help us through any situation, manage stress, increase our positive outlook, bolster productivity, and elevate our mental health. But while magical elixirs are the stuff of myths and fairy tales, resiliency is a very real skill that you can build.

Our Building Resiliency for Work-Life Harmony Program will help you excel in the post-pandemic workplace and other areas of your life. It will empower you to make the positive changes that you want in your life.”

Cathy Light,
Founder & CEO of Liderança Group

Check out our other programs for women

OUR GOAL IS TO EMPOWER WOMEN AT EVERY STAGE IN THEIR CAREERS.

Our Building Resiliency for Work-Life Harmony Program is part of our **Own Your Career portfolio:**

- Women Tech Training
- Women in Leadership
- Young Women on the Rise
- Diversity Collection: Embracing Diversity; Leading with Diversity; Inclusive Leadership
- Women's Entrepreneurial Accelerator Program

Invest in yourself
TODAY!

Let's get started!

SIGN-UP TODAY to take advantage of our special price of **\$399** (regularly priced at \$599).

**WOMEN
OWNED**



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