



# Balancing Life Your Way PROGRAM

## HOW CAN I FIND BALANCE IN MY WORK AND PERSONAL LIFE?

**Transition Planning Ausralia** helps business owners, professionals, executive and employees to:

- achieve balance in their work and personal lives; and
- make successful transitions from their business or career to the next phase of their lives - whether that be a new business, position or career.



**For many work-life balance is a myth.** This may differ for different generations.

### For Generation X

- working long hours - family and leisure time suffer;
- looking for more in their lives; and
- 'successfully and miserable'.

### For Millenials

- uncertainty of purpose; and
- looking for a job they're passionate about.

### For 50+ and approaching retirement

- no vision of what to do next;
- seeking freedom for working arrangements;
- don't like being told what to do; and
- do what they want - not what they should.

Research shows that, to be happy and healthy at any stage of life, we need to:



We call these the **'Keys to Happiness'**.

In our work, we have many activities to satisfy these four keys – to keep us physically and mentally healthy, provide social connections, and give us meaning and purpose in our lives. However, it's important to ensure we have a range of activities outside of work, so our work is not all consuming and to promote work-life balance.

This is also important for those who are, or will in the next 10 years or so be, thinking about life after full-time work. We need to have a range of activities outside of work to replace our work-related activities, which will cease when we stop work. Research shows those who do not create a plan for their lives after full-time work often fall into a hole; they become bored and depressed and that can lead to physical and mental illness.

The time you devote to developing good habits and activities now, will:

- lead to greater health and well-being now; and
- just as importantly, set you up with healthy habits and a lifestyle for a smoother transition from full-time work, and for better health and greater happiness in retirement.

Transition Planning Australia's **Balancing Life Your Way** workshop helps you to develop work-life balance, and to make a successful transition to life after full-time work.

## ABOUT THE WORKSHOP

The Workshop:

- provides a safe and confidential environment guided by trained professionals;
- helps you work out what's important to you and what you want to do with your life;
- gives you the resources and allows you the time and environment to brainstorm a range of activities with like-minded people;
- shows you a new way of thinking – **Balanced Thinking** – which you can then use in other areas of your life to make well-considered decisions; and
- steps you through TPA's proven processes to create your personalised Balanced Life Plan.

## BENEFITS

The Workshop helps you:

- learn how to make the most of your work time and your own time - in other words, develop work-life balance;
- work out what you can do - in both big or small ways, to gain:
  - better health and wellbeing, and
  - a sense of purpose in life and at work.

## TAKEAWAYS

You leave the workshop with:



- a completed actionable Balanced Life Plan;
- a workbook with the tools and processes to review and update your Balanced Life Plan in the future – so you can always have a range of activities that satisfy the Four Keys to Health and Happiness – and Life Balance; and
- a framework to help you to one day transition from full-time work to live your ideal life in retirement.

## PROGRAM FORMAT

The Workshop can also be done in either of these ways -



### Workshops

Led by a Certified Transition Planning Consultant with a small group of attendees.



### One-on-One Sessions

With a Certified Transition Planning Consultant. This may suit those who want to create their plan on their own.

## TESTIMONIALS

" I think once that I put into action some of the plans, I will definitely start to feel more of a sense of fulfilment and happiness. "

" After attending the workshop with Transition Planning it made me re-evaluate my balance of life and what I have to look forward to today and in the future. "

" I feel I have gained the ability to truly think about what is important to me and the motivation to set aside time to make sure I am doing the things in life that make me happy. "

