

## **WORK-LIFE BALANCE WORKSHOP:** HOW YOUR LIVING LEGACY **WILL CHANGE YOUR LIFE**

On our path to living a more balanced life we begin to examine the meaning of what it is to be truly happy. At Marshall Connects we believe that living your legacy will change your life in a positive fashion.

What does legacy mean to you? Have you considered what your legacy will be? For many, "legacy" simply means what we leave as a gift or endowment in a will, however, it goes far beyond that. Your legacy involves much more than the amount of money or property you leave and is distinctly individual.

You're creating your legacy every day of your life. Do not miss another moment; start experiencing balance by living your legacy today! Our workshop will help you examine the way you are currently living your legacy. By addressing this you will have the tools to confidently and happily move forward, establishing that work-life balance that is so essential to your overall state of mind.

Establishing a better work-life balance involves self-development; understandably change is often challenging, however, it is extremely rewarding.

**Duration: 1 - 3 Hour Sessions** 

All workshops can be customized to 90 min, half day, full day, multi-day and lunch N' Learn formats.

## What Participants Learn:

- Introduction to "Living Legacy"
- Opportunity to contemplate on the way in which their leadership role can shape their legacy
- Participate in a series of exercises to examine their lives and begin to craft the next chapter of their lives including their living legacy

## Marshall Connects Workshops

The recipe for a work-life balance is extremely unique and the formula is different for each of us.

Work-life balance will be different for each and every one of us, but it is important to understand that it is NOT

about creating an EQUAL time balance between your personal and professional life. This balance can change as our life evolves and includes our definition of our personal daily achievement and enjoyment, family, friends, and self.



**Author of "Giving Back"** How To Find Your Personal Joy & Make A Difference To Others









