Work/Life Balance

“Forget you, I’m going home!”

1. Are you merely trying to get through each day?
2. Do you barely make it to the end of the week and then feel completely exhausted by the time you get home?
3. Does life often feel like a merry-go-round and you just want the music to stop and get off?

If this sounds like you, perhaps your work/life balance is out of whack. If you feel that you are too busy making a living that you don’t have time to make a life, then this workshop is for you. **Dr. Tom Denham** will help you analyze your present situation and begin the process toward wholeness.

- Find out how to set goals with the Triple “P” and the 8 “F”.
- Learn how the 10 Strategic Action Plan steps can work for you.
- Discover the important questions that will get you to think.

You’re guaranteed to walk away with at least THREE things that you can immediately implement that will have an impact on your life. Join us for this interactive discussion that will help you get clarity on the life you really want. Isn’t now the time?

**Workshop Facilitator:** Dr. Tom Denham is a career counselor, motivational speaker, and accomplished mountain climber. He is a much-sought-after speaker on career development and work/life balance. Dr. Tom has over twenty-three years of experience in career services including positions at Skidmore and Union Colleges, Harvard, St. Lawrence and Boston Universities. He founded Careers In Transition LLC, a private practice in career services, which focuses on career counseling for individuals and consulting services for institutional clients in business, education and government.

Tuesday, June 23
9:00—10:30 am
University Administration Building
(UAB) Room 433

*Supervisor's Approval Required to Attend.*

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
CALL 442-4483 OR ONLINE
http://www.albany.edu/eap/event_sign-up.htm