

# THE INTEGRATED OR BALANCED LIFE

## OVERVIEW

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The aim of this course is to demonstrate how our work and personal lives can be integrated and complement each other. The aim is to help to restore work to the rich and fulfilling role it can and should play in our lives. The aim is not to fudge the necessary difference there is between our work and other important parts of our lives.

Nor is it to allow work to spill over, take over and cause us to neglect other parts of our lives and ourselves. But we do aim to show how work can enrich all of people's lives and so free them to fully commit to their work and to what they do, knowing that it is integral to all of their life.

There is a challenge to achieving this but it is a delightfully enticing one, inescapable because of the fulfilment it will bring to people, organisations and society.

## OBJETIVES

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1. Learn how work and personal lives are so complementary and interdependent.
2. Discover ways to change the attitude to a 'Company' so that it embraces all of our lives and is good for all of our lives.
3. Get in touch with the dichotomous way in which we see and treat people's personal lives and their work and why this is so damaging to BOTH.
4. Identify the changes in thinking and operating that management need to make in order to win this great prize.
5. Discover the enormous gain that this openness, honesty and transparency will make to how we manage people and organisations.

## LESSONS

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### **1. Introduction**

1. Welcome
2. Objectives
3. Course Format

### **2. The Challenge of the Work-Life Issue.**

1. The Two Sides of the problem

### **3. Being faithful to all Stakeholders**

1. How Problems disappear and Never Arise in the First Place
2. Enrol People

### **4. The New Paradigm of Work**

1. Making Life Worth Living

### **5. Test for Understanding**

### **6. Final Review**

1. Final Message and New Paradigm
2. Leadership Tool
3. Summary of Course Learnings (PDF)
4. References

## DURATION

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While you could take this course in less than a half-hour, it is our recommendation that it be taken over the course of few days to allow you to reflect on learnings, check your understand, discuss it with others (or with a Maybe consultant.)

This will help to ensure that you come to the group session well equipped to make a big contribution to the meeting and ensure that the learnings are applied to enrich and improve your daily work and life.