



Master Performance.
Realize Results.



GMP Mastery™ Coaching Workshop Description

The Fourth Commitment of Mastery: “**We Must Be Careful and Compliant!**” requires managers to balance work and personal life.

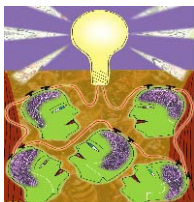
All too often, success is seen in terms of accumulating material possessions and financial gain.

It is easy to fall into the trap of taking short cuts, working long hours, striving to achieve a good standard of living but, in the process, neglecting relationships and self-development.

This workshop will start a conversation about what success means to you and discuss how you can live your lives with renewed vision and purpose.

As we begin to achieve a better balance in our work and life, we can discover new levels of creativity, fulfillment, and happiness

You will be challenged to evaluate your effectiveness in balancing your daily work and life priorities and practices, and develop a specific and customized action plan for applying the workshop critical thinking and practice points to your organization.



Balancing Work & Life

Workshop Critical Thinking and Practice Points

Assessing Success

- Understanding Success
- At What Cost Success
- Creating Criteria
- Evaluating Our Success

Understanding Yourself

- Analyzing Yourself
- Understanding Emotional Issues
- Putting Together Your Own Jigsaw
- Planning Action

Making Changes

- Adapting Work Routines
- Working Smarter, Not Harder
- Understanding Change
- Leading by Example

Sustaining Balance

- Reviewing Your Goals
- Being Assertive & Developing Confidence
- Dealing with Stress
- Living Healthily & Increasing Your Vitality
- Staying Motivated
- Celebrating Success
- Assessing Your Work-Life Balance