

TAKE THIS JOB AND LOVE IT!

HOW TO KEEP YOUR BALANCE IN A STRESSED-OUT WORLD

The world of work has become more challenging. With more work, fewer people, tighter budgets, and less time, such things as morale, energy, and attitude often take a hit.

And negativity increases. Comments such as, "It won't work here ... We've always done it this way... and ...That's not my job" become more familiar.

Indeed, work-life balance may seem more like a never-gonna-happen fantasy than an ever-present reality.

The good news is you can create a positive workplace that is less stressful and more exciting ... where satisfaction and fulfillment are the rule, not the exception. You can create a lifestyle that is relatively free of stress.

You don't have to feel stuck, helpless, overwhelmed or exhausted ... even if your work schedule is highly demanding. And you don't have to choose between your career and your family IF you apply the simple work-life balance strategies detailed in this program.

Dr. Alan Zimmerman's game-changing seminar offers real-world practical help that will energize you, boost your productivity, keep stress at bay, and put you in the driver's seat of the job and life you've always wanted. And just so you know what to expect, you won't be sitting back, listening to someone rehash what you've already heard and know. You're going to get an interactive learning experience that's powerful, eye-opening, and entertaining.

[Click here to learn more about hiring Dr. Zimmerman.](#)

OBJECTIVES

- Create a fun, positive, high-energy workplace
- Maximize what's healthy in your life and work
- Stop the *too much work--too little time* dilemma
- Turn *gloom-and-doomers* into *can-do performers*
- Recharge yourself at any time in any circumstance
- Flush away factors that hurt morale and productivity
- Keep your balance in the midst of increasing demands

SAMPLE PROGRAM OUTLINE

(Can be customized to fit client's objectives.)

"Balance is never achieved by mastering a slice of life; balance is the result of having something positive and effective in all 8 dimensions of life." DR. ALAN ZIMMERMAN

1 PHYSICAL DIMENSION

- 5 burnout stages: how to stop them from taking root in your life
- Nutrition and exercise that increase personal and organization ROI

2 OCCUPATIONAL DIMENSION

- Purpose-driven work and making a difference
- Difficult people: how to stop them from stealing your joy
- 3 questions to make sure you choose your fights carefully
- 50 killer statements that destroy morale and how to end them

3 RECREATIONAL DIMENSION

- The juice that turbo-charges your energy batteries
- 15-second mini-breaks that neutralize 2-hour blocks of stress

4 FINANCIAL DIMENSION

- The power and peace of the 10-10-80 rule
- #1 key to removing financial stress, whatever your income

5 RELATIONAL DIMENSION

- Assertive nonverbal behaviors that invite respect
- *No*, the biggest stress-busting word you will ever use
- 5 needs that build stress-free relationships on and off the job
- Cooperation principle: how to get others to do what you want

6 MENTAL DIMENSION

- "Be" goals and "get" goals: you've got to have both
- Tools that turn time into a friend instead of an enemy

7 EMOTIONAL DIMENSION

- Reaction control: it's not what happens to you that matters
- 2 questions to make sure you're doing the most important things

8 SPIRITUAL DIMENSION

- Attitude of gratitude and how it prevents burnout
- Values-driven decisions: walk your talk or track your back