



Balancing Act Blueprint



What is a work-life balance?

In short, work-life balance is the state of equilibrium where a person equally prioritizes the demands of one's career and the demands of one's personal life. A common reason that leads to a poor work-life balance is an increased responsibility at work and unfulfillment.

Offer: I help professional women build successful careers while managing a family.

Course Duration: 8 Weeks

Weekly: 8 Modules with steps and tiers to build a balanced blueprint

Bi-Weekly: Four one-on-one 30-minute coaching sessions to keep you on track.

8 Week Break-down

Pillar One: Assess

Week One: Topic – Jumping In, to Win!

Topic: Assessing Work and life schedules and responsibilities

Week Two: Topic – Career/Business Planning

Topic: Setting career goals

Coaching: One-on-one 30 min. session #1 (virtual Zoom call)

Pillar Two: Action

Week Three: Topic – Removing Obstacles

Topic: Identifying showstoppers & finding solutions

Week Four: Topic – Asking For What You Deserve

Topic: Communication Strategies

Coaching: One-on-one 30 min. session #2 (virtual Zoom call)

Pillar Three: Adapt

Week Five: Topic – Self-Care Showdown

Topic: Making a Personal Commitment to Taking Care of Yourself

Week Six: Topic – Grabbing Goals

Topic: Establishing goals, next-step plans, and timelines

Coaching: One-on-one 30 min. session #3 (virtual Zoom call)

Pillar Four: Advance

Week Seven: Decisive Decisions

Topics: Aligning Goals With Decision-Making Strategies

Week Eight: Defining Your Balancing Act Blueprint

Topics: Maintaining, Shifting, and Reclaiming Your Balance

Coaching: One-on-one 30 min. session #4 (virtual Zoom call)