

Balancing

Work & Family



The '70s and '80s gave us the ideal of the “Superwoman” and “Superman.” We believed we could have it all — enjoy a successful career and still be everything to everyone in our personal lives. Unfortunately, we learned there were not enough hours in the day to accomplish all the goals we tried to meet. We felt like failures because we couldn't live up to the “super” image. This program explodes that myth and, at the same time, offers real-life, workable strategies for balancing home and work without getting stressed out.

Program Objectives:

- *Manage the conflicting demands of work and home.*
- *Increase your time management skills to accomplish tasks at work and at home in less time.*
- *Learn ways to delegate responsibilities to family members.*
- *Deal with stress in a positive way.*

Presented By:

Coastline EAP

1-800-445-1195 • 401-732-9444

www.coastlineeap.com

Coastline EAP provides confidential assistance to you and your family members.