



Life Balance for Sustainable Leadership

Sustaining high performance as a leader requires more than effort—it requires balance. The demands of leadership can easily blur the boundaries between work and personal life, leading to stress, fatigue, and diminished effectiveness. This workshop helps leaders develop practical strategies to create balance that supports both personal well-being and professional success.

Participants learn how intentional time and energy management improve focus, productivity, and decision-making. By identifying priorities, setting realistic goals, and strengthening communication at work and at home, leaders gain tools to work more effectively while preserving their physical, mental, and emotional health. The result is more sustainable leadership—where leaders perform at a high level without sacrificing well-being or relationships.

Workshop Objectives:

- Understand the connection between life balance and sustainable leadership performance.
- Identify personal priorities and competing demands that impact effectiveness and well-being.
- Apply time and energy management strategies to work more intentionally and productively.
- Set realistic, achievable goals that align professional responsibilities with personal values.
- Reduce stress and prevent burnout through healthier work habits and boundaries.
- Improve communication with colleagues, peers, and family members to support balance and alignment.
- Model balanced leadership behaviors that promote resilience, credibility, and long-term success.



Course Outline:

Module One: Getting Started

Module Two: Benefits of a Healthy Balance

Module Three: Signs of an Imbalance

Module Four: Employer Resources

Module Five: Tips in Time Management

Module Six: Goal Setting

Module Seven: Optional Ways to Work

Module Eight: At Work

Module Nine: At Home

Module Ten: Stress Management

Module Eleven: Working in a Home Office

Module Twelve: Wrapping Up