



"Work Life Balance Solutions" Programs

Parenting

- Raising kids in today's society
- The role and influence of media on our children in today's society
- Youth → Teen → College sports in today's society; What happen to the schools? Why are more sports run by clubs? And is this healthy?
- Two Career Parents..... Raising a family in the modern world
- Family Nutrition - Trying to eat healthy in a busy and overscheduled world
- When should you take your children to the doctor? Well care check ups for all a child's stages

Stress Management Topics

- Working with different personalities at the office
- Understanding emotional intelligences at work and in daily life to help manage stress
- The "Art" of managing stress