



Dan Thurmon Program

Beyond Balance - How Work Life Integration Leads to Fulfillment

Everyone seems to recognize the difficulty of “balancing” the demands of work with the complexities of life. And yet, the present approach to addressing this challenge is entirely inadequate. In pursuit of “balance,” we are selling short our best efforts, burdening ourselves with guilt, and exhausting our energy. What we need is a new approach and an ongoing effort to infuse “life” in the workplace.

In this empowering program, Dan provides a new model for viewing work objectives not as separate or competing with life, but as a vital and connected component. He will provide practical, reality-based solutions to help leaders and employees support one another personally, as well as professionally.

Benefits to the Organization

The results of these efforts are significant. Work/life integration fosters excellence, innovation, and loyalty among employees. For that reason, this keynote becomes the catalyst for an ongoing and transformational conversation and plan of action.

Learning Objectives

As a result of attending this program, attendees will be able to:

- Manage their energy and time more effectively.
- Improve their ability to focus on the task at hand.
- Understand that “Perfect Balance” is an unachievable goal.
- Adopt an Off Balance On Purpose approach as a realistic and empowering alternative.
- Name the Five Spheres of “Complete Success.”
- Utilize “Lifelines” to integrate the aspects of life.
- Have supportive and appropriate conversations with their peers about life outside the workplace.