

## **Women, Well-being, and the Workplace**

### **AGENDA**

This session focuses on supporting women to create a more balanced life that is satisfying, productive and meaningful. Working women juggle multiple roles and responsibilities in their careers, families, and social spheres. With ever increasing demands on time and energy, the ability to juggle various roles can have its limits. Today, the conversation goes beyond finding 'balance' to finding meaning and fulfillment amidst the hectic and often chaotic days.

In this session participants learn about the connection between stress, productivity, and the impact of one's personal coping style on energy and engagement. Through discussion and reflection, Marla shares a variety of practical strategies to support women in navigating the complex demands of a legal professional.

In this session participants will learn:

- How women respond to stress, both acute and chronic
- About your own personal coping style and its' impact on performance
- A meaningful framework for work-life *integration*
- Perspectives on what we can and cannot control
- Research-based tips and strategies for simplifying roles and integrating personal values for a more satisfying life

For more information on this workshop call us at 416-999-9178 or  
email [marla@forhealth.ca](mailto:marla@forhealth.ca)