

WORKSHOP OVERVIEW

Day-to-day fire-fighting, endless meetings, and piling on work is not sustainable. It also takes away from your ability to reach your full potential, and be fully present at home.

Work and well-being don't need to be on the opposite ends of a spectrum. In fact, how someone experiences their workload has a stronger influence on burnout than how many hours they work (Gallup, 2022). The **quality** of a work experience has 2.5–3x the impact on the number of days worked! In brief, while the quantity of work certainly matters – the quality matters more when it comes to well-being.

Meaningful work adds to a fulfilling life – the Work Balance Matrix, offered through our workshops, helps you **do more of what you love – both at work and at home**. We refer to this as 'career well-being' – liking what you do every day (Gallup, 2022).

During the workshop, a workplace well-being expert will share a game-changing tool, the Work Balance Matrix, to bring balance into your life while aligning your work with your career aspirations. People managers who have their team use the Matrix gain insight into their team's career interests and risk of burnout, while better aligning their team's work to organizational priorities.



WORKSHOP DETAILS

Course Description & Learning Objectives

Our half-day in-person and 2.5-hour virtual Work Balance Workshops include instruction from a Work Balance Matrix expert, in-class exercises, group discussion, personal reflection, and completion of the Matrix for each participant. Materials include a learner guide, Work Balance Matrix template, and completion certificate.

After completing the workshop, you will be able to:

- Identify misalignments between your work, career interests, and work life balance
- Clarify the type of work that is most meaningful to you and keeps you most productive
- Describe your body's 'warning system' when experiencing burnout
- Solution action plans to address burnout, create a balanced workload, and align work with career interests in collaboration with your manager
- Align work efforts with organizational priorities, in concert with your career interests and balance obtainment

People managers who adopt the Work Balance Matrix for their team can expect additional outcomes, including visibility to their team's capacity and work efforts, development and talent mobility opportunities, priority alignment, and adoption of a shared language regarding career aspirations and balance.

The workshop best serves those challenged by burnout or career fulfillment, high-potentials, and people managers with distributed teams or seeking to better align team work efforts with department priorities.

Agenda

Lesson 1: Set Your Intent

Lesson 2: Passion Play

Lesson 3: Barriers in Your Way

Lesson 4: Complete Your Matrix

Lesson 5: Create a Plan

Facilitator & Founder

After obtaining a Master's degree in Organizational Psychology in 2006, Allison DeTitto has enjoyed leading change and professional development for organizations such as QVC, Siemens, Moody's Corporation, and Elastic. Allison has led workplace well-being and engagement efforts, and serves as a balance, productivity, and career expert.

Allison invented the Work Balance Matrix in 2020 to help professionals do more of what they love.



✉ Contact us at: hello@workbalancematrix.com and visit us at www.workbalancematrix.com