

Simple Living In A Complex World: The Power Of Personal Balance

"Simple living is a profound sense of connection... complexity made simpler, change made manageable, challenge made inspirational, and life made more meaningful."

As leaders — at all levels — you spend every day putting out fires. Then one day you look inside yourself and notice your fire is out. What happened? In the hurry to make a living, you have neglected to make a life.

Calling on his experience as a psychotherapist, David Irvine offers inspiration and guidance on one of the most pressing issues leaders face: closing the gap between professional achievement and personal satisfaction. Be inspired to go beyond traditional and superficial ideas about stress management and work/life balance, to proven, practical, and in depth principles and strategies to help you find balance, meaning, and significance in your work and life.

Take this opportunity to step out of the fray, engage important questions, gain perspective, insight, collegueship, and renewal as a leader - in ways that meet the changing landscape of today's workplace and our wider society. David will inspire you to uncover that place in your soul where hidden possibilities reside, a place of simple, balanced living.

Choose from the following options to build your own customized session on Simple Living and Personal Balance. (David will take your three preferences to build your specialized learning experience):

- Be inspired with a new view of work/life balance and how to achieve it.
- Align your personal and professional values.
- Discover your most vital resource in the midst of increasing demands: your authentic self.
- Leave with a road map and practical strategies for managing your priorities and living with greater balance — in every area of your life.
- Living on the edge of others' pain: how to stay balanced and connected with those you are helping without putting yourself at risk.
- Learn how to have greater mental health and well-being by living an undivided life.
- Build a community for holding yourself accountable to stay on track.