



MANAGING COMPETING DEMANDS: GETTING IT DONE
AND HAVING A LIFE
with Dr. David Posen
\$375 (US) per person

VIRTUAL SESSION (3-HOUR)

MANAGING COMPETING DEMANDS: GETTING IT DONE AND HAVING A LIFE

Managers today run a gauntlet of competing demands, both personal and professional. Finding the right balance between work and life isn't easy, but doing so is essential to good health and energy, reduced stress, improved productivity at work and personal happiness. Most people feel so overloaded that they don't know where to start in addressing this balance issue. Dr. David Posen will simplify the process by leading you on a four-part voyage of self-discovery that will bring structure to your quest, and help you discover a multitude of tips for working more effectively, making time for leisure and taking more control of your life. The objectives of this dynamic, interactive session are to help participants: (1) develop a clear picture of the Work-Life Balance they would like to achieve; (2) identify obstacles that stand in the way of achieving their desired balance; (3) develop a repertoire of action strategies and tools for overcoming current obstacles and any that may arise in the future; and (4) develop their own personal action plan which is concrete, practical and achievable.

DR. DAVID POSEN

Dr. David Posen graduated from the University of Toronto Medical School in 1967. He was involved in a research project in San Francisco before interning in Edmonton, Alberta. After a year of general practice in the Canadian Arctic he spent a year practicing in Jerusalem. In 1971 he started a family practice in Oakville, Ontario. In 1985 Dr. Posen gave up his general practice to devote his time exclusively to stress management, lifestyle counseling and psychotherapy. He has spoken widely to education, government, business and professional groups across North America. His clients have included University of Michigan, Warner Brothers, US Steel, Chevron, IBM, Verizon, Allstate Insurance, Federated Investors, American Express, Microsoft, Cisco Systems, McKinsey, Hilton Hotels, University of Florida Athletic Association, KPMG, Ernst & Young, Ford, Hewlett Packard, Bayer, Yellow Freight, University of California, Comcast Cable Communications and the Million Dollar Round Table. David is the author of three best-selling books, *Always Change a Losing Game*, *Staying Afloat When the Water Gets Rough* and *The Little Book of Stress Relief*, now in its twelfth printing and translated into seven languages (French, German, Spanish, Chinese, Russian, Portuguese and Korean.) David's fourth book, *Is Work Killing You?* was released in February, 2013.

TOPICS COVERED

WHERE ARE YOU NOW?

WORK-LIFE BALANCE CHART--ACTUAL
HUMAN FUNCTION CURVE (PRESENT STRESS LEVEL)

CLARIFYING GOALS

WORK-LIFE BALANCE CHART--DESIRED
DRAW 3 PICTURES OF THINGS YOU'D LIKE TO DO (OR DO MORE OF) IF YOU HAD THE TIME

IDENTIFYING OBSTACLES

WHAT'S HOLDING YOU BACK? (INDIVIDUAL EXERCISE)
DEMANDS & PRESSURES (EXTERNAL AND INTERNAL)
TIME-CRUNCHED PERSONALITY TRAITS

OVERCOMING OBSTACLES

WORK SMART: PACING, TIME OUTS, PRIORITIZING
SAYING NO; SETTING LIMITS & BOUNDARIES
HOW TO MAKE TIME FOR LEISURE
OVERCOME GUILT (ENLIGHTENED SELF-INTEREST)
HEALTH & SELF-CARE (BALANCE YOUR ENERGY)
BALANCE YOUR SELF-CONCEPT

HOW TO TRANSFER THE LEARNING TO REAL LIFE SITUATIONS

PERSONAL ACTION PLAN

FOR REGISTRATION PLEASE CONTACT: - IMS Regional Director -
Phone: Email: Website: <https://ims-online.com/leadership-development//>