

# Creating a Healthier Work-life Balance

Interactive Workshop for Teachers

## Workshop Overview

'Work-life balance' is a phrase that we hear on a daily basis. It's something that we all want to experience, but most of us never achieve. More often than not, we grasp at external things in the hope that perhaps a new mobile phone, less working hours or higher pay will magically create the extra time we need to do the things that we would prefer to be doing. And then, when we *do* create that extra time, why does it fill up so quickly with even more stuff?

What is 'work-life balance'? What does *balance* really mean, and how would we recognise it when it appears? This PD workshop for teachers explores the phenomenon of physiological and psychological balance, and introduces simple techniques for bringing REAL balance into our lives. You'll learn how to:

- Recognise the presence of balance in both body and mind
- Balance the hemispheres of the brain using simple breathing techniques and physical movements, and
- Feel more balanced throughout your day, even when in 'stressful' situations.

Workshop materials include session notes and an mp3 audio file of the techniques practiced during the session - ideal for downloading straight onto your iPod, computer or phone.

## About the Facilitator



### Will Shacklock

Will Shacklock is the managing partner of Melbourne-based stress management consultancy Learn to Relax. A dynamic and engaging speaker, Will specialises in delivering presentations, workshops and training programs to teachers and

students in Victorian schools.

"Stress management techniques are really simple" says Will. "The challenge lies in putting them into practice. When we practice regularly and consistently we feel more balanced, calm and focused, even in 'stressful' situations."

In the mid-2000's Will spent two years studying and teaching at yoga and meditation retreats in Australia and India. His insights into the nature of the human mind enable him to guide his clients towards increased clarity, confidence and self-awareness.

Will includes practical techniques in every session, and empowers his clients to overcome their limiting beliefs and fulfil their potential.

## Fees & further information

One-hour workshop: \$280 + GST. 90-minute workshop: \$380 + GST. Fees include all printed materials and digital media. Workshop numbers unlimited. Where space permits, workshops may include lying-down deep-relaxation practices. For bookings please contact Will Shacklock at Learn to Relax on 1300 258 188 or email [will@learntorelax.com.au](mailto:will@learntorelax.com.au)

### Did You Know?

One in three adults suffer from moderate to extreme levels of stress.

Australian Bureau of Statistics

