



**Saugeen**

Economic Development Corporation  
*A Community Futures Development Corporation*

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***We provide the opportunity to work with a business trainer and interact with other business owners to gain new ideas, growth strategies and success tools.***

## In-House Workshops

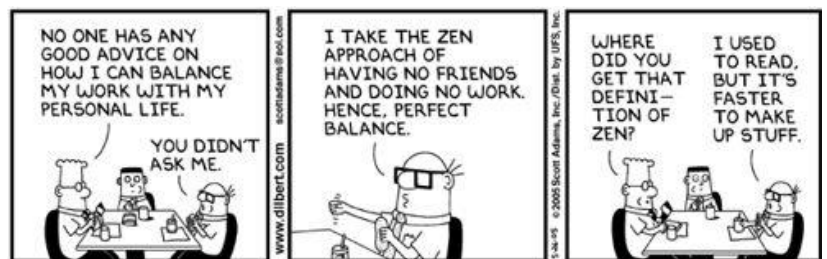
# Work/Life Balance



We all wear many different hats these days, especially business owners. How to balance all the demands on your time without burn-out is the big question. Learn some sanity-saving strategies in this workshop, such as:

- *Setting realistic goals for your business, health & family*
- *Learn what your energy source is (introvert or extrovert)*
- *Ten characteristics of emotionally resilient people*
- *What is your communication style?*
- *The 8 aspects of overall wellness ... and more*

Wednesday, September 12th, 2018  
9:30 am to 12 Noon



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Business trainer **Gayle Draper**, a certified Career Strategist, Forbes Coaching Council Member, and Human Resources Leader, will help participants discover the best strategies for leading a balanced life.

Pre-registration required/\$35 per session  
"No Charge for Business Excellence Training Program Clients"