

# OFF BALANCE

## WORKSHOP

### IT'S CLEAR THERE IS A PROBLEM

We know we want to do something about it. The Floyd Team can help you and your organization with this issue. The **OFF BALANCE** workshop is designed to help participants get beyond the work-life balance myth and identify practical ways to increase personal and professional satisfaction.

The result:

- increased productivity and innovation
- decreased stress and downtime
- increased employee engagement
- improved employee and customer satisfaction
- improved loyalty
- healthier and happier employees

This powerful workshop dispels several myths about the work-life issue and presents practical tools and systems to help people achieve lives that are both personally and professionally satisfying.

### THIS ISSUE IS NOT GOING TO GO AWAY

Wearing jeans on Friday and a little flex time are not going to solve this problem. People lack the skills necessary to thrive in this area of their lives, and it is impacting your business each day. **If you genuinely want your employees to develop this skill, they need real training.** Matthew Kelly and the Floyd team are experts in helping companies and teams become better-versions-of-themselves.



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**THE #1 ISSUE  
PLAGUING  
EMPLOYEE  
SATISFACTION  
SURVEYS  
IS WORK-LIFE  
BALANCE.**

**88% OF EMPLOYEES  
SAY THEY HAVE  
TROUBLE  
BALANCING THEIR  
PERSONAL AND  
PROFESSIONAL  
PRIORITIES.**

**MORE THAN 90%  
OF EMPLOYERS  
BELIEVE THAT  
PEOPLE WORK BEST  
WHEN THEY CAN  
STRIKE A BALANCE  
BETWEEN WORK  
AND THE REST OF  
THEIR LIVES.**

**WORK-LIFE  
BALANCE IS  
SECOND ONLY TO  
COMPENSATION  
FOR DRIVING  
EMPLOYEE  
ATTRACTION AND  
COMMITMENT.**

# OFF BALANCE WORKSHOP

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## MYTH

YOUR WORK IS NOT PART  
OF YOUR LIFE.

OUR PERSONAL AND  
PROFESSIONAL LIVES CAN  
OR SHOULD BE IN BALANCE.

YOU HAVE TO SACRIFICE  
YOUR PERSONAL LIFE TO  
SUCCEED AT WORK.

VS

## REALITY

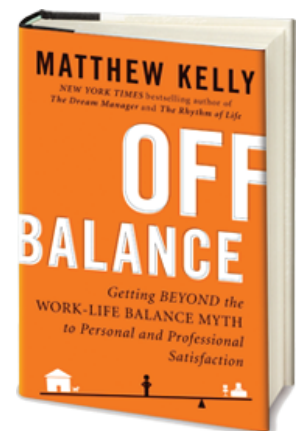
YOUR WORK CAN AND SHOULD  
BE A DEEPLY SATISFYING PART  
OF YOUR LIFE.

THE MOST SATISFYING  
TIMES IN OUR LIVES ARE  
RARELY TIMES OF BALANCE.

IT IS POSSIBLE TO HAVE HIGH  
LEVELS OF PERSONAL AND  
PROFESSIONAL SATISFACTION...  
AT THE SAME TIME.

The **OFF BALANCE** Workshop is based on **Matthew Kelly's** book and is a highly interactive experience that has been developed to finally help people deal with the work-life balance myth.

In addition to the public workshop presented in this brochure, Workshops are also available in onsite half-day and full-day formats. Let the Floyd Team deliver this experience for your team at your office or offsite location. Also, **OFF BALANCE** is one of Matthew Kelly's most popular and engaging keynote presentations. **Contact us so we can design a solution tailored for your organization and unique needs.**



*“Getting beyond the  
work-life balance myth  
to personal and  
professional satisfaction”*

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