

# WORK/LIFE SATISFACTION

## In-Council Training

*LGMA'S extensive experience working directly with councils across Queensland uniquely equips LGMA to develop and tailor specialist workshops and training programmes, specific to the needs of the individuals and teams within council.*

## Overview

Work/Life balance - everyone wants it, but how many of us actually know what it looks like for us? This fun, thought-provoking and interactive session seeks to encourage officers to explore their own needs and priorities in order to better understand what makes them tick and how they can get the most out of their time and energy.

While work is often given the blame for a 'lack of balance', invariably the issues are far broader and, in many cases, work is the least of the problem. Instead of looking for fewer hours, more flexibility or amended working conditions, participants in this session will look for ways to take control and better manage conflicting priorities.

This programme is suitable for all officers and can be a useful tool for breaking down silos.

## Content

- ① What does work/life balance mean for you?
- ② What are the factors that are holding you back from achieving what you desire?
- ③ What do you need to do to achieve this balance?
- ④ Action plan for the future.

## Discover how to

- ✓ Identify how you and the people around you measure success and what that means for your work/life balance
- ✓ Develop a plan to identify the things in your life that are the most important
- ✓ Develop a plan to prioritise what you need to be able to accomplish and make the time for if you are to get balance
- ✓ Start to develop a personal framework that allows balance in your life
- ✓ Develop a plan on how to implement your needs for better balance
- ✓ Begin to understand and recognise your unbalanced warning flags

### Objectives

*Develop self-awareness around personal priorities and motivations*

*Understand that satisfaction is a choice and that only we can manage our own choices*

*Develop the capacity to critically analyse the choices we make with a view to our own needs and priorities*

*Improve performance at work and overall life satisfaction*

## Key Details

Course duration: 2-4 hours

Delivery mode: Face-to-face in your council

No. Participants: Groups of up to 30

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