



## Career & Life Strategies to Design Your Picture of Success

### Luncheon Topic – 50 min.



*“What would you do with an Extra Hour?”*

Discover a clue to what may be missing in your career/life mix. Fun, engaging & interactive discussion over lunch. You’ll find out your not alone in work/life challenges. Share stories, laugh and come away with a powerful visual of how to make your Work/Life rock!

### Workshop Topic – 2 hrs.

*“Work/Life Rocks!”*



Learn a 5 step process for creating your work/life vision. Practice each step through individual and group activities. Develop a practical “take charge” weekly action plan customized to your career & life goals. You’ll come away with a powerful tool to make your Work/Life rock!

### Mastermind Groups – 1 hr/month for 6 months

*“Live your Work/Life Vision – Week by Week”*

Make your work/life weekly plan a habit. Mastermind is a small group experience for participants who have a common goal and want support and accountability on their journey. Join together with like minded colleagues to support your career/life goals.



**Karen Murphy speaks on Career & Life strategies. She’s lived it!**

Karen Murphy conducts workshops on work/life topics to help people live the life they envision. She creates work/life events for participants to share experiences and build work/life strategies to be successful and fulfilled - with a dose of humor!

Karen reached a VP level at a Fortune 500 company – while being the mother of 4 daughters and the wife of a working father. She worked in the corporate world in Research, Operations, Sales, Marketing and Environmental, Health & Safety. She traveled throughout the US, Europe, South America, India and Asia.

#### Participants enjoy the interactive exercises & immediate application of learning

- 93% of the participants rated the work-life tool highly valuable in the workshop evaluations
- “Karen leverages her decades of experience in corporate America to provide tangible real world solutions for managing the “whirl-wind” of your work-life!”
- “Karen’s exercises provide opportunities for self-reflection, goal setting and action plans.”

#### Participants will be able to:

Explore the concept of work/life effectiveness vs. work/life balance

Learn a 5 step process to create a work/life vision and weekly action plan

Use a Mastermind process to gain support from peers

Take home a workbook with practical tools that are simple, but life changing

#### Participants should feel:

*“My work/life is a custom blend that fits my personal and professional goals.”*

*“I know what I want in my career and life. I’m confident I can get there.”*

*“My colleagues can help me to be intentional and accountable for my career and life goals.”*

*“I can do this and I want to share this method with my family and friends.”*