



Workshop for Young Professionals: "See into the Future: Career/Life Vision"

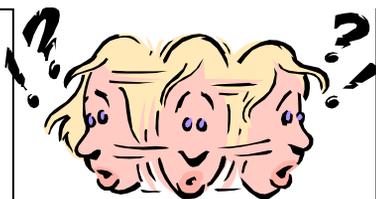
- Know yourself
- Be confident in your decision
- Live the life you envision!

Interactive, fun workshop. Check out personal and peer expectations, think through possible career and life scenarios and get prepared to take on work/life challenges. Participants leave with a work/life game plan that can be put to immediate use.

What are your expectations for your employer?

Millennials want a "Work/Life Blend," while Boomers have always "Lived to Work." Boomers just became less than 50% of the workforce in 2011.

Has the work culture caught up to the Millennials' work/life expectations.



What are your expectations for your partner?

Per Sheryl Sandburg, "I don't know of a single woman in a leadership position whose life partner is not fully—and I mean fully—supportive of her career."

What are your expectations for your career?

Will you be open to relocate? Travel? Take on high profile projects early in your career?

What are your expectations for having a family?

Do you plan to work full time, part time or not at all with children? How do you feel about childcare?



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

Participants will be able to:	Participants should feel:
Gain awareness of expectations and beliefs that shape their work/life vision	"I know what's important to me and how my expectations may differ from others"
Sharpen their focus on how they want to pursue their career	"I know what I want in my career and life. I'm confident I can get there."
Anticipate hurdles and be prepared to problem solve work/life conflicts	"I can do this and I want to share ideas with my family and friends."
Use a Mastermind process to gain support from peers	"My colleagues can help me to be intentional and accountable for my career and life goals."

"Karen's techniques to engage the crowd of people were great. Not only did she get people to enjoy her exercises but people could share/reflect their ideas from the cafe discussions.

I really enjoyed her presentation and I think anyone who needs some great work/life information should use Karen's service."

[Tammy Rubin](#) Quality Assurance Analyst at A2Z Field Services