



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

### How to Make Your Work/Life ROCK!



Discover what may be missing in your career/life mix. Fun, engaging & interactive discussion. You'll find out you're not alone in work/life challenges. Share stories, laugh and come away with a powerful tool to make your Work/Life rock!

### Young Professionals - See Into Your Future



Career and life expectations & beliefs – your own, your partner's and your employer's, can knock you off track. Learn a 4 step process for creating your work/life blend. Join together with like minded colleagues to support your career/life goals.

### Connecting Across Generations & Gender



The tide has shifted with Millennials and Gen X'ers becoming greater than 50% of the workforce outnumbering the Boomers and Traditionalists. Gender norms are changing too. How does this affect your professional and personal life? Build on what you already know about the multi-generational world of today in this fun, interactive session.



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 4 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."