

The BC Teachers' Federation presents a program for BC Teachers...

# LIVING WITH BALANCE

## Practical skills and strategies to attain goals toward work-life balance



When: April 13 to May 18 (Thursdays)  
3:45 - 5:45pm

Where: CTA Office

Register Online:

[www.bctf.ca/livingwithbalance.aspx](http://www.bctf.ca/livingwithbalance.aspx)

This six week group program will provide opportunities for:

- learning practical skills and strategies to attain goals toward work-life balance
- recognizing common barriers and learning new thinking styles
- identifying tools and strategies that are effective in building long lasting resiliency
- defining work-life balance and healthy boundaries
- understanding the effects of work-life balance
- realizing the importance of diet and exercise for sustainable health
- learning about the benefits of employee-assistance providers and community resources
- resolving conflict and learning non-defensive communication skills

### Program details:

- 12- hour group workshop which typically meets once a week for two hours
- group consists of 10-15 teachers and 2 group leaders
- leaders are qualified occupational therapists or trained consultants in mental health