

*Time to Enhance Learning
Time to step beyond self limiting beliefs*

LIFE BALANCE SOLUTIONS FOR ADULTS

TRANSITION – TIME – PERFORMANCE –
SHARPEN YOUR SAW



Unleash your heroes... Confront your true potential

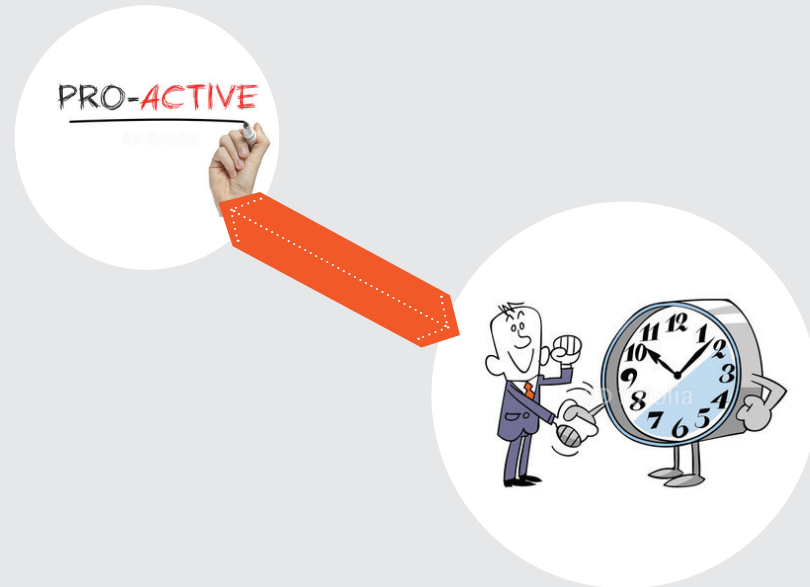
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FOR **ADULTS**

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Having worked with hundreds of adults in multiple coaching situations, we have discovered that the first step towards change is increased awareness about how we spend our time across the multiple roles of our life.

Between understanding our current reality and gaining clarity on our aspired time-spent for each of our roles, we discover the ability to make informed choices.

UBalancer is a tool that lends science to the art of coaching. It helps us take stock of what is most important in our lives and allows us to assign time to our priorities. In addition, the ability to create actions and track progress allows us to establish a closed loop between planning, execution and reflection.

Activity is not a proxy for progress. Just because we are busy does not mean that we are making progress towards our goals.



This Engagement Is Best Utilized, Under One Of The Following Circumstances

1. Adults in transition
2. Those seeking to improve time, priority and life roles management
3. Enhance productivity and performance through informed choices
4. Achieving prioritization and focus within each of our life and work roles
5. Steadily build Work –Life Balance through continuous monitoring and balancing of priorities across roles

ENGAGEMENT DETAILS

The program can be conducted as either

- Group Coaching
- Individual Coaching

CONTACT US

To Customize the impact of this powerful offering to your organization please contact us or check out for our public programs for this offering at

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