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**FINDING BALANCE – Helen Harrison and Dale Dolson**

## Workshop Description:

Teaching at the college level can be very rewarding but also very busy and demanding, causing us to feel “off balance” at times. In this interactive workshop, we will start by discussing ways to keep your work-life organized and manageable. We will the look at “life outside of work” and explore ways to achieve balance, however you personally define it. The workshop will end with two activities which we hope will inspire you to create more room in your life for your work-related and non-work related passions.

## Learning Outcomes:

* Identify sources of imbalance between your daily life and work
* Develop a work / daily life balancing strategy

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## Resources:

Canadian Mental Health Association

<http://www.cmha.ca/mental_health/work-life-balance-make-it-your-business/>

Covey, S (1989, 2004) *The 7 Habits of Highly Effective People*. Free Press, NY. ISBN 0-7432-6951-9

Covey, S website: <https://www.stephencovey.com>

Masters, Andy (2005 - 2014) *Balancing College Life and Academics* Retrieved May 27, 2014 from <http://ezinearticles.com/?Balancing-College-Life-and-Academics&id=62606>

McKeown G (2014) Essentialism: the disciplined pursuit of less (book website): <http://gregmckeown.com/essentialism-the-disciplined-pursuit-of-less/>