



**BIG FISH  
INTERACTIVE INC.**

www.bigfishinteractive.com

**April 12 Workshop:**

# Life Balance

**\$75 per person** early bird paid by April 4, book today!

\$85 if booked after April 4.06.

**Agenda and Outcomes for April 12, 2005; 7pm to 10pm.**

- If you've read every book, attended every workshop on work/life balance, and you're still out of balance, then come to this!
- Balance to some people means peace and harmony. To others, that's not realistic and balance for them is swinging between opposite poles of fun and intensity...so join us for this insightful workshop and create your own definition of balance.
- Large group interaction, working in pairs, and personal visualization techniques used.
- Includes developing personal awareness around time management, choice, nutrition/health, and how to move towards your definition of life balance.

## KEY WORKSHOP OUTCOMES

- Increased awareness of how "I" make choices that lead to a feeling of being off-balance and what to do about it.
- Understand the gains to why I spend my time the way I do and how to alter ineffective patterns.
- Template creation for managing energy, time, people, and choices.
- Personal outcomes for realistic and rewarding life management.

## Who should come?

- Individuals committed to getting more out of their careers!
- Corporate employees, entrepreneurs, small business staff
- Professionals wanting to check out Big Fish with a bite sized menu; additional times available. HR Managers send us your fishies!
- *No refunds! If you're not serious, stay home. This is high performance training, low performance training is offered elsewhere.*



## Where?

- **April 12, 2006, Big Fish Interactive; 171 East Liberty Street, Suite 277, Toronto, North of the CNE**
- **Enter through the East Entrance near smoke stack**
- **Open enrollment for personal and professional development.**
- **Limited participants so book today!**
- **\$75 per person, early bird paid by April 4, book today! \$85 if paid after April 4.**
- **Call or email [signmeup@bigfishinteractive.com](mailto:signmeup@bigfishinteractive.com)**
- **416-763-3017 for payment arrangements.**

[signmeup@bigfishinteractive.com](mailto:signmeup@bigfishinteractive.com)

### Workshop Dates:

**Jan 18: Creating My Dream Job**

**Feb 1: Time Management and Recommitting to 2006 Goals**

**Feb 15: Selling Ideas to Staff and Managers**

**Mar 15: Think Outside the Bowl; applying creativity**

**April 12: Life Balance**

**\*15% discount for prepaying for 3 or more workshops.**





