

Coaching & Training to Grow resilient Individuals



LIFE SKILL WORKSHOPS

all workshops except “Money matters” should follow “Knowing more of me”

- Knowing more of me (half-day)
- Self-management that makes me thrive (half-day)
- Money matters (half-day)
- Communication 101 (half-day)
- Resilience in a stressful world (full-day)

We customise our workshop offering to suit your needs and your budget.

Contact us for a discussion of your needs and a customised offer.

+27 (0)83 412 3655

info@inbalans.co.za

www.inbalans.co.za

See overleaf for workshop details...



Coaching & Training to Grow resilient Individuals

Knowing more of me	Self-management that makes me thrive	Money matters	Communication 101	Resilience in a stressful world
1/2 day	1/2 day	1/2 day	1/2 day	Full day
- Defining my purpose - Exploring my character - Clarifying my core values - My strengths & weaknesses - How do I show-up - Step toward my future self	- Aligning purpose & goals - Finding energy for every day - Managing my mind - How to get things done - Dealing with procrastination - Building my reputation - Caring for my wellbeing	- My money perceptions - Growing my money - Managing my risks - Credit & loans—do or don't - Budgeting 101 - Financial tips and tricks - My next steps	- Assumptions, belief and perception - The skill of listening - Clear messages - Challenging conversations - Conflict resolution	- What is resilience - Stress, it's benefits and risks - Taking care of body, mind, and spirit - Enhancing my strengths - Social connectedness - Habits and skills that help me thrive - What to do when the going gets tough

We offer practical and interactive workshops in English and/or Afrikaans. We adapt workshop content and language to suit each audience and ensure it is pitched at the correct level. Different workshops can be combined, but all workshops, except possibly “Money matters” should follow or include “Knowing more of me”, which is the foundation for all life-skill learning.

Come grow with In Balans Coaching & Training

info@inbalans.co.za / +27 (0)83 412 3655