



working balance

Helping the people in your organisation
discover and develop their full potential

packages

choose one of our 3 packages
tailored to your requirements

programs

private, group and individual
consultations available

seminars

choose a topic / guest speaker
to come to your preferred location

who we are

We are living through a period of exceptionally rapid change. There is often a feeling of not catching up which can lead to frustration, anxiety and tension or, as we often label it, stress. There are constant and increasing demands on our time and energy that can lead to overload and burnout, reducing our effectiveness in meeting organisational, team and personal goals.

Working Balance programs show how to manage the speed of change, the demands on our attention and the volume of tasks without burnout.

what we offer

Meditation and mindfulness programs

Meditation trains the mind to be present and free from distraction, enabling focus, clarity and awareness. Meditation improves our concentration, communication and resilience. This enables us to prioritise and complete tasks more efficiently.

Stress management programs

Meditation has been acknowledged scientifically as one of the most beneficial techniques for managing stress. There are many health benefits associated with meditation that can assist in the treatment of a range of disorders such as high blood pressure, insomnia and migraines.

our programs

Work-life balance programs

Each unique program through consultation is tailored for your company.

Topics of an example program:

- The principles of meditation and practice of meditation.
- The latest scientific research on meditation and mindfulness.
- Meditation for managing stress.
- Mindfulness for better communication.
- Sustaining a meditation/mindfulness practice

Number: up to 35 participants. Sessions: 1½ hours per week over 4 weeks

the next step

Book a FREE consultation

To find out how we can help you help your employees achieve maximum potential in the workplace, call:

(02) 9362 9327 or 0411 473 584

or, for more information about Working Balance, visit our website

