

Mastering Life Balance

TELE-CONFERENCE LEADER: Noel Posus, Master Coach

TELE-CONFERENCE DURATION: 1 Hr plus Question Time

Introduction

Welcome to LCIA's Teleconference series. This learning guide has been designed to support you in getting the most out of your participation in the conference and to achieve your desired results.



It is difficult to actually achieve "perfect" balance in one's life, and even more difficult to sustain it. The reasons for this are that everything in our life is always changing. Change is inevitable.

Further to that, we make choices every day (actually every second!). Every choice we make potentially also affects our balance.

And where we want our lives to go, how we want that to look, and how we choose to use our energy are also in flux. The definition of an ideal and balanced life for you today will change tomorrow, next week, month and year.

So in essence, to achieve a "sense of balance" and learn how to sustain that we need to look at the simplest structure of coaching as follows:

1. Raise Awareness
2. Make Decisions
3. Modify Behaviour

This is a continuous process that we will explore in this Tele-Conference and develop habits to "think" this way ongoing.

Learning Objectives and Course Agenda

1. To understand the importance of a "sense of balance" versus a definite "perfect life balance"
2. To understand and measure our current situation and sense of life balance using the Wheel of Life
3. Using the same tools to understand and measure where we're putting the majority of our energies now
4. To understand the concepts of Roles, Rights, Responsibilities and Permissions and how to implement this model
5. To determine objectives for balance and openly co-create potential solutions together
6. To set commitments, declarations and plans for moving toward a sense of balance.
7. To have as much as possible an open forum discussion versus a "class", sharing information and growing in our understanding together.

In this Tele-Conference...

This Tele-Conference has a number of activities as follows:

- ▶ Wheel of Life – to measure balance
 - to measure where and how your energy is used
- ▶ Roles, Rights, Responsibilities and Permissions – to be done after class
- ▶ Values, Beliefs, Attitudes, Decisions and Behaviours – to make some declarations in class, and continue further work afterward
- ▶ Making commitments.



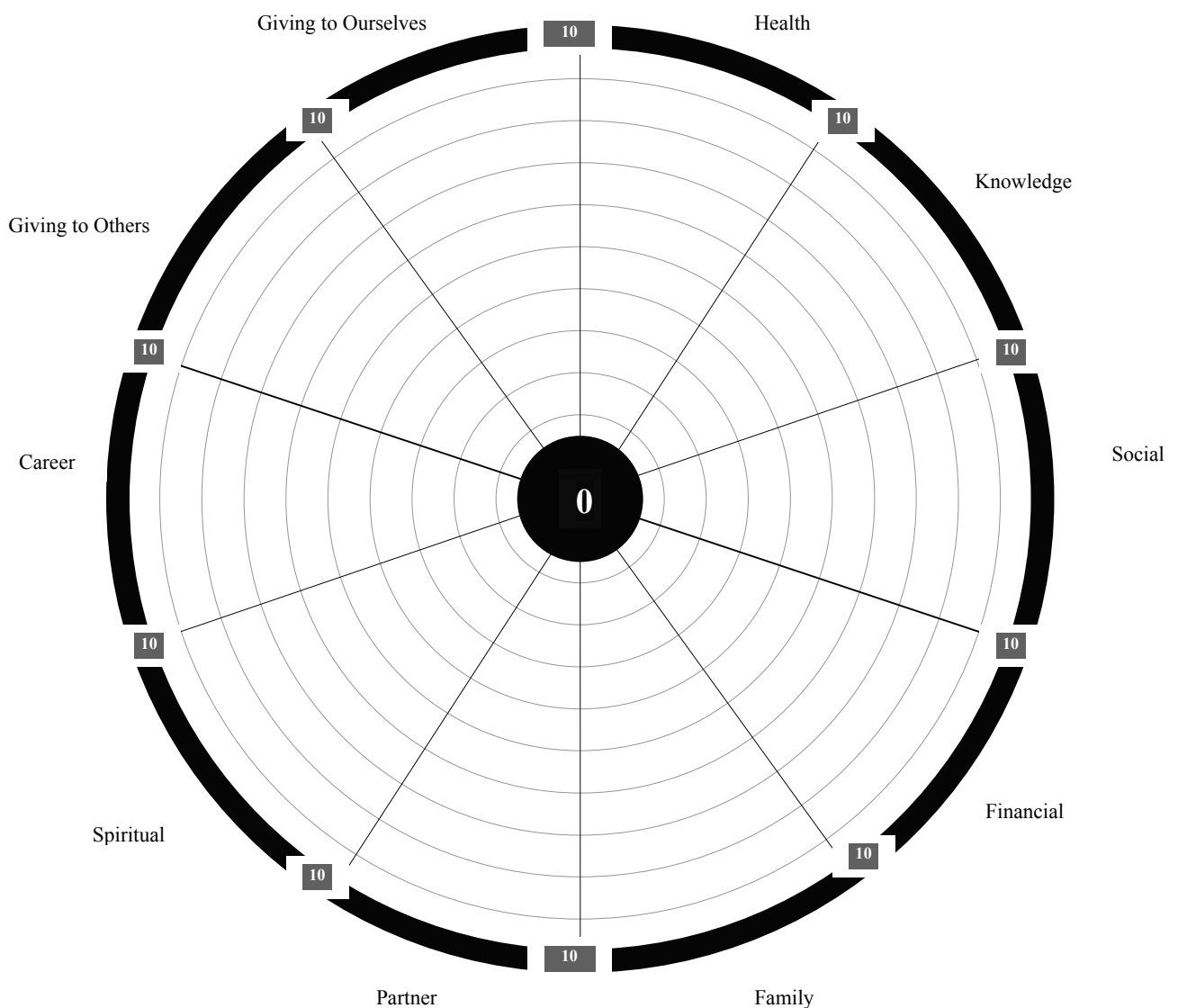
In between some of these exercises LCI's Master Coach, Noel Posus will field questions and then a fuller Q & A segment will follow at the end of the Tele-Conference.

The following page contains information about the Wheel of Life which will be discussed and run as part of two activities at the beginning of the Tele-Conference.

Measuring Our Current Satisfaction in All Areas

◆ *Wheel of Life* – on a scale of 0-10 with 10 being the most satisfied (and the outer edge of the circle), plot your current satisfaction in the following areas.

- Health – mental, physical and emotional
- Knowledge and Learning
- Social
- Financial
- Family
- Partner (or Partner Within)
- Spiritual (or Inner Peace or Understanding Ourselves)
- Career and/or Business
- Giving to Others
- Giving to Ourselves



What Next...

This Tele-Conference has provided you with a number of tools to assist you in understanding the concepts of life balance and working toward achieving a sense of balance for yourself. The next step is up to you.

- ▶ What are you willing to commit to right now?

- ▶ What is your first step?

- ▶ Do you need assistance to get there?

If you feel you need the assistance of a coach, please check out the **Find a Coach** section of our website at www.lcia.com.au. We have highly qualified and talented graduate coaches who'd be happy to help you.

