

# Maintaining Life Balance in a Chaotic World

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**Date:** Thursday 15th November 2012

**Time:** 5pm for a 5.30 start. Finish at 7pm when attendees network over a glass of wine

**Venue:** Imperial Hotel, First Avenue, Hove (<http://www.imperial-hove.com/maps.htm>)

**Cost:** £30\* plus VAT (there is no joining fee - people just pay when they book)

## Synopsis:

One of the key issues in everyone's mind is the need for balance in the weekly schedule. Part of the reason is that society has created a very busy environment for us all. We are having to blend work, family and social commitments, with each competing for our valuable attention. Just being well organised is no longer enough. Many people allow themselves to ignore significant elements in the life balance mix. They know all is not quite perfect, but have never quite managed to fix the issue. This session will introduce a number of tools and processes to help you recreate and maintain a sense of balance and harmony.

**Terms:** \*Payable on presentation and in advance of the event. Any cancellation must be made in writing at least 48 hours prior to the event, or payment will be due in full.

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