

# PROPEL yourself to better work-life balance

## Online coaching programme

*A six week journey for those who want to go deeper into balancing work and life.*

**Join a group of like-minded women as we work together to rebalance our lives.**

### Benefits

As a group member you will:

- Have the support of like-minded peers as you work together to identify challenges, share ideas and implement solutions.
- Have access to world class expertise at a fraction of the cost of bespoke coaching.
- Gain knowledge and skills that will immediately improve your work life balance and continue to support you as you navigate life's changes.



### Practicalities

We'll meet online weekly for six weeks. Each session will last 75 minutes as we work through the PROPEL coaching model.

On reserving your place you will receive a programme workbook. All other materials will be provided as needed during the programme.

### Programme leader



You're a career minded working mum. I've been there, done that and want better for you. I understand the tussle between home and work. The desire to play bigger in your career and be a great parent at the same time. I've juggled, paid the penalty for working part time; and for the past 25 years I've specialised in all things work-life balance. During our six week journey I'll share my learning with you so you can design a job and a life that let you Lean In on your terms.

## Programme outline

- Week 1      Introductions. Preferences and how they shape your working patterns.
- Week 2      Life Roles: enrichment or conflict?
- Week 3      Options: understanding the employer mind-set.
- Week 4      Possibilities: how to #upcycle your job.
- Week 5      Essential skills.
- Week 6      Becoming a Balanced Leader.

## Investment

The programme fee is £240. A deposit of £60 is required to secure your place. The balance must be paid no later than 24 hours prior to the start of the programme.

No refunds will be offered, but you may send a friend to attend the entire programme instead of you. It may also in some circumstances be possible for you to defer attendance to a future programme.

[Click here to book your place](#)

Or email me: [Anna@sustainableworking.co.uk](mailto:Anna@sustainableworking.co.uk)

## Unconditional guarantee

*My desire is to empower women to continue their corporate careers while leading balanced lives. I'm confident my coaching and mentoring will enable you to make your best contributions both at home and at work. While it's unlikely to happen, if at any point you feel the process isn't working – and provided you've diligently completed all the exercises asked of you – I will refund your investment without quibble.*

