

BALANCING WORK AND FAMILY

Juggling responsibilities is a tremendous challenge for every working parent. This session will offer suggestions on how to keep up with the demands of work and family and to find time for oneself, too.

Sound impossible? Here's how we'll do it:

- You'll learn to identify the multiple demands on your time and energy
- You'll examine the resources needed for fulfilling work and family commitments
- You'll learn a number of coping strategies for achieving balance.