

Tips & Tools for Creating Work/Life Integration

This interactive workshop provides professionals with proven methods for identifying their priorities and values and for creating the time to achieve them.



During this interactive workshop, participants will:

- ✓ Gain clarity over their work/life values after completing an exercise;
- ✓ Identify top priorities by measuring where they currently spend time, and where they ideally want to;
- ✓ Learn time management tools that will enable them to create time for their top priorities, including self-care;
- ✓ Establish daily well-being practices to manage stress and re-energize;
- ✓ Design an action plan to achieve work/life integration.

After this workshop, professionals will be equipped with insights, tools, and an action plan to live their values daily.

Eva Wisnik is the mother of three children and founder of Wisnik Career Enterprises, Inc. She is the former Director of Recruiting & Training at Cadwalader, Wickersham & Taft and Schulte Roth & Zabel. Since 1996, she has conducted over 900 training programs for more than 120 law firms nationwide. Her career expertise has been featured in the New York Times, Wall Street Journal, American Lawyer, and Bloomberg. Eva holds a BA from Barnard College and an MBA from Fordham University. She is certified as a Health Coach through the Institute for Integrative Nutrition.

To learn more, visit our website at www.wisnik.com, email ewisnik@wisnik.com or call **212.370.1010**



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