



Expand your skills, invest in your team!

Thriving in the Midst of Changing Times Managing the Work-Life Equation in a Virtual Workplace

Date & Time: August 25 and 27, 2020 at 12noon to 1pm **Cost:** \$95 per person for two 1-hour sessions and book *Thriving in Business and Life* by Christopher Harding and Will Wilkinson (book value \$14.95)

Location: Virtual/Zoom

Description: With much of one's time spent in a virtual workplace setting, effectively managing productivity and work-life quality and balance is more challenging than ever. Whether you're a senior executive, a manager, supervisor, or an hourly employee, burnout is becoming an increasingly prominent challenge.

In this course, you'll gain essential clarity about how to enhance your effectiveness in a virtual setting; improve the quality of your own work-life equation; and discover how to turn the virtual setting into a personal and professional advantage while taking charge of your life and your schedule.

Based on well-honed tools and processes used by heavily virtualized companies like Microsoft, Toyota, Dow Chemical, Intel, Amgen, and Whirlpool Corporation, the course will also include case studies, peer-to-peer discussions, and group dialogue. **To register go to sou.edu/professional.**

Learning Concepts:

- Learn tools and techniques for creating clear priorities amidst heavy demands
- Explore best practices for effectively managing in a virtual setting
- Discover and practice an essential mental skill used by athletes and martial artists for managing rapidly changing situations
- Learn how Quantum Responsibility can create a significant change in your ability to manage time and tasks more effectively
- Discover a process for infusing your personal values into everything you do and how this process can dramatically improve the quality of your life
- Learn a method of quickly prioritizing your day right while it's in motion

About the Presenter: Christopher Harding is the Founder and Senior Consultant for global consulting and training firm, Luminary Communications. In his role, Chris, advises the company's Fortune 100 clients and facilitates courses on Work-Life Quality, Diversity and Inclusion, Unconscious Bias, Responsibility, Empowerment, and Accountability, and Creativity.

Armed with over two decades of previous real-world experience as President and General Manager of a worldwide television, and distribution company and as the founder and leader of a national transportation network, Chris brings the kind of wisdom and knowledge to client relationships and interactions that only comes from having been in the trenches.

