



## Women & Leadership: Work-Life Integration

Work-life integration remains illusive to many women. Employers are often unsure how to support work-life balance and women sometimes keep themselves small or leave altogether when work and life seem at odds. Our paradigm-shifting research provides for a third way that integrates work and life, helping women remain engaged in their careers while maximizing a robust life.

### Workshop Description

Forget balance: Integrate work and life. Finding the right work-life integration is crucial for a leader to achieve peak performance and deliver great results. As your impact and influence grow so are the demands on your time. Still, it's important to carve out space for family, friends or just "you" to recharge and renew. Otherwise, your happiness, health and performance may suffer. In this course, we will help you examine the underlying assumptions that make work-life a perceived either/or choice.

### Workshop Impact

Participants will achieve the following learning objectives:

- Reframe their mindset about work-life balance
- Adapt their approach to work to enable flexibility while maintaining quality and outcomes
- Integrate this approach into daily work-life allocation decisions

### WORKSHOP FORMAT

<b>Attendee:</b>	Early to mid-career women and men
<b>Duration:</b>	90 minutes
<b>Format:</b>	In-person (or virtual); 20-50 attendees
<b>Materials:</b>	Self-quiz, Worksheets
<b>Optional Follow up:</b>	Accountability Partners, Webinars, Coaching

### About Orange Grove Consulting

Orange Grove Consulting specializes in research-based women's leadership training and organizational change that improves recruitment, retention and promotion of women across an organization. We address limiting aspects of the current talent pipeline with a focus on addressing the unconscious biases women have about themselves. Our end goal is to create more innovative and productive workplaces.

Our suite of Women's Leadership Master Classes uniquely addresses the underlying assumptions of what it means to be a high potential woman. We help develop more confident leaders and key influencers. Women emerge from these courses with a clearer vision of career success and a new set of advanced leadership skills to help them accomplish their goals.

### For More Information

For more information or to book a workshop, please contact Celina Guerrero, Director of Business Development at [celina@orangegroveconsulting.com](mailto:celina@orangegroveconsulting.com) or visit [www.orangegroveconsulting.com](http://www.orangegroveconsulting.com).