

EXECUTIVE DEVELOPMENT PROGRAM

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PUBLIC \$995
UD ALUMNI \$945
PARTNER \$870

OFF BALANCE: GETTING BEYOND THE WORK-LIFE BALANCE MYTH

Are you really living the best personal and professional life you can? For decades, the corporate landscape has been plagued by the Work-Life Balance theory – pitting the two against each other as if anyone with a job and a life has to "settle."

But does balance really equal satisfaction? In this program, based on Kelly's latest book, *Off Balance*, Kelly challenges the way we think about "work-life balance" and provides the tools we need to get beyond the myth to build deep, sustainable personal and professional satisfaction.

Off Balance introduces Kelly's Personal and Professional Satisfaction System, a clear five-step system that enables participants to begin to reshape and build a more satisfying life by teaching the importance of actively making choices based on values, principles and priorities to gain satisfaction.

Recognizing it takes effort and energy to maintain a satisfying life, and that some initiatives require more of this than others, Kelly also teaches how to cultivate the energy for everything we want and need to do. Individuals who faithfully implemented his program saw a dramatic 24% increase in satisfaction over a three month period!



Matthew Kelly

Matthew Kelly is an internationally-acclaimed speaker, author and the founder and president of Floyd Consulting, a firm based on the belief that your organization can only become the best-version-of-itself if the people who drive your organization are striving to become the best-versions-of-themselves.

Kelly's books have sold more than one million copies and have appeared on The New York Times, Wall Street Journal, USA Today and numerous other best-seller lists. His titles include The Dream Manager, The Rhythm of Life and Off Balance.

Over the past decade, he has given keynote presentations to a wide variety of organizations including: Chick-fil-A, Fifth Third Bank, McDonald's, PepsiAmericas, Procter & Gamble, the U.S. Air Force and more.

THIS PROGRAM WILL HELP EXECUTIVES:

- Design a framework for personal accountability and sustainable satisfaction.
- Cultivate personal energy by developing a better awareness of the people, places, things and activities that energize them (and those that drain energy!).
- Implement 10 practical and viable tools that increase personal and professional satisfaction, while at the same time, driving profitability and growth!