



Maintaining Balance in Life

A life that's out-of-balance can cause high levels of stress. Participants will have an opportunity to learn methods of using available resources to meet their individual needs. And they'll learn stress management techniques and take home a variety of tools for addressing stress.

Participants will:

- Examine personal values and choices
- Assess current state of balance and stress
- Identify resources that can be used to meet needs
- Learn skills to effectively manage multiple demands
- Explore ways to better balance the conflicting demands of life

Mike Collins

Mike has been working as a counsellor since 2001. Mike moved with his family to Drogheda, in Ireland, in 2006 and continued to work with EAP providers such as Optum, as well as opening his successful private counselling practice in 2008. In 2011, he completed his Train the Trainer qualification, and has been developing and delivering workshops and webinars since that time. These cover a broad range of topics such as stress management, work-life balance, mindfulness, resilience, time management and various other wellbeing issues.



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