

# Beyond the Balancing Act:

## From work-life balance to work-life harmony

Monday 29<sup>th</sup> April 2024

Free Online Presentation

1:00pm – 3:00pm (Aust Eastern Standard Time)

Brisbane/Sydney/Canberra/Melbourne/Hobart – 1:00pm – 3:00pm (Aust EST)

Adelaide/Darwin – 12:30pm – 2:30pm (Aust CST) - Perth – 11:00am – 1:00pm (Aust WST)

A common definition of work-life balance is allocating “*equal time or priority to personal and professional activities*”. However the last few years has created new challenges such as remote/hybrid work, social isolation and telehealth technology which are contributing to stress, disengagement and burn out . This juggling act between the demands of work and home/family life has many of us re-evaluating our relationship with work.

Work-life harmony is about finding a way to weave together the different aspects of our lives so that we are able to achieve a greater sense of wellbeing and satisfaction than might be achieved through work or non-work time alone. It involves consciously managing our time and energy to meet both professional and personal commitments while prioritising self-care and well-being. There is no single formula for how to achieve work-life harmony. It looks different for each person. And for most of us, how we achieve it will vary over time.

Join us for this engaging presentation where Áine will introduce you to some key insights/concepts to:

- Reflect on your professional journey, identifying and celebrating your strengths and achievements as a therapist
- Reignite your passion for the therapeutic work, reconnecting with the core values that drive your commitment to helping others.
- Gain a renewed sense of personal wellbeing, with practical strategies to enhance self-care and resilience.
- Establish meaningful connections with fellow practitioners, fostering a supportive community for ongoing collaboration and growth

This workshop is suitable for allied health professionals

### Workshop Delivery

This online presentation is suitable for allied health professionals. Participants will need to have access to internet facilities and webcam to ensure that they are able to download and view workshop content, as well as actively participate in the on line presentation

### Workshop Recording

Please note to safeguard the copyright of material presented, maintain the confidentiality of case discussions and the privacy of participants, this **workshop WILL NOT be recorded.**

## About the Presenter



**Dr. Áine O'Dea PhD – Radiance Consulting – Limerick, Ireland**

Áine is an occupational therapist, with over 20 years' experience across public and private sectors, spanning clinical, research and leadership positions. She is passionate about education and training to support and empower others to engage in their chosen activities and goals.

When a serious car accident impacted on her ability to continue her clinical practice as a paediatric Occupational Therapist, Áine pivoted her skills to research and leadership roles. Her business - *Radiance Consulting Services* provides premium consultancy and supervision services to professionals in leadership across allied health; assisting them to implement practical, evidence-based strategies for professional and personal growth.

Áine enjoys public speaking and has presented at both a national and international level. She enjoys delivering training to a wide range of audiences, and is a certified Occupational Performance Coaching trainer. Áine is a mother of two children, aged 11 and 8, and enjoys long walks on the nearby Atlantic coast (Limerick) in her spare time.

**Registrations** for this workshop are now open. This workshop is provided **FREE of charge**. Please register on line at [www.zimei.com.au](http://www.zimei.com.au)