

LIFEWORK

When: Oct 2nd - Nov 20th, 2019
Where: wework, Richmond Street

THE PROGRAM

Lifework is an eight-week, after-work, holistic coaching program that is grounded in life coaching, elevated by experts. The program focuses on improving young professionals' overall well-being by workshoping the core domains of life that most challenge society and are highly influential on one's quality of life. The domains include : Professional and Personal Development, Personal Finance and Health & Wellness.

THE OUTCOME

The intent of the program is for all participants to walk away with a newfound grasp on life and to equip them with the tools necessary to live a life lead with enhanced (self) awareness, understanding and compassion.

WHY

The Lifeworks program is built on the fundamental belief that self-awareness allows us to unlock our full potential which is a contiguous state of mind.

I see this program as an eligible program for (enter org name)'s professional development program, because I will learn a number of skills that will be directly transferable to my work-life and in turn, make me a better contributor, team member, manager and generally a stronger colleague. Below are the core skills the program is designed to help us attain and apply to work.

SKILL'S I'LL LEARN

- Self-reflection and awareness skills
- Energy Leadership
- Enhanced understanding of my strength & weaknesses
- Improved wellbeing

