

# Work-Life Balance Workshop

**Do you feel there are not enough hours in the day?**

**Do you feel stressed just by thinking of the coming week and how you will get through each day?**



**Do you feel you always run 'behind' and can't catch up with life?**

**Do you prioritise other people's needs over yours?**

**Can't find time to enjoy 'life' or simply 'be'?**

**This workshop is for you!**



## FOR BOOKINGS OR ENQUIRES

Sign up for your interest on workshop at reception, or call Dagmar on 0438 660 807 or email: info@dagmarmarek.com.au

Thursday , 7-9pm

Where:  
Bluff Road Medical Centre, 328 Bluff Road, Sandringham3191

Cost: AUD 80

Limited places, Payment is required to secure your booking.

No refunds provided 3 days before the workshop.

## Understanding Stress

We use evidence based information on neuroscience to help you understand the fundamentals of STRESS. It will be explained in a simple and uncomplicated way for everyone.

## Blockages and Barriers

We look at what can get in the way to make change

## Tools

We give information and material for you to personalise your own template for what and how to implement the desired change in your life

## Groups are run by:

Dr Susan Barnett  
GP Counsellor, at Bluff Rd Medical Centre &  
Dagmar Marek  
Counsellor & Family Therapist  
DagmarMarek.com.au

Facilitators are highly experienced in Mental Health & Well-being