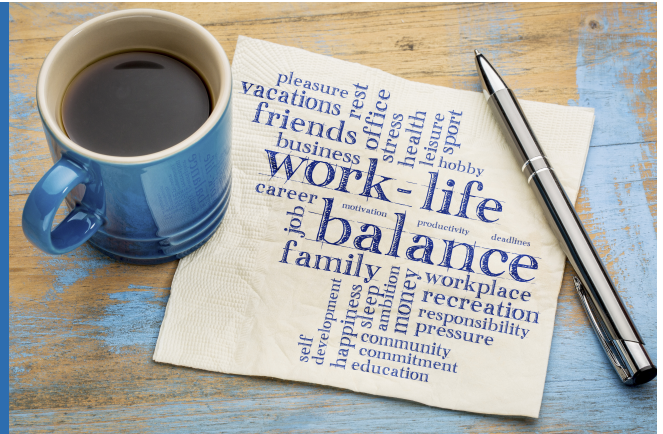


The Two Step: *Mastering the Dance of Home and Work*



Workshops on lessening stress at work by strengthening life at home

Finding the balance between work and home is often a stressful dance for many workers.

One way to support your employees is by offering workshops that focus on family life. When you invest in the well-being of your staff, the rewards are many for you, your employees, and your business.

- Success at work is highly dependent on an individual's well-being. The employee who is content at home is likely to be more productive at work. Happier workers are less likely to experience burnout in the workplace.
- Employers who recognize the importance of stability in their employees' personal life contribute to the well-being of their colleagues by creating a healthier and more productive work environment.

Examples of one-hour “lunch and learn” workshops related to marriage, family, health, and self-care include:

Self-Awareness: Knowing yourself and the influence of habits is vital to everyone's well-being.

Communication: Healthy communication skills are important at home and at work.

Health and Self-Care: Health and self-care are central to the well-being of the employee and their family.

Social Media: Are you in control of it at home, or is it in control of you? The choice is yours.

Family Issues: Daily interaction with family and having dinner together are key to staying connected.

Financial Stresses: This is the #1 area of marital conflict and personal stress. Addressing the emotional aspect of finances, money management, and debt are essential to personal happiness.

To discuss further details on workshops that would be helpful for you and your employees contact:

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Susan McKeown, APRN, CPS, is a graduate of St. Anselm College with a BS in Nursing and Northeastern University's Pediatric Nurse Practitioner Program. She worked with families as a nurse practitioner for over 40 years. Susan is a Certified Prevention Specialist, educating and advocating on issues of mental health and substance misuse. For the past 19 years she has co-facilitated a weekly support group for adults who have a loved one with substance issues. Susan and her husband, Patrick, have been married for 50 years and have conducted workshops with over 3,000 engaged couples for four decades on issues that affect married life. Together they have raised four children and are now blessed with two grandchildren. Susan is the author of two books: “Beyond the First Dance” and “Beyond the Tango.”

