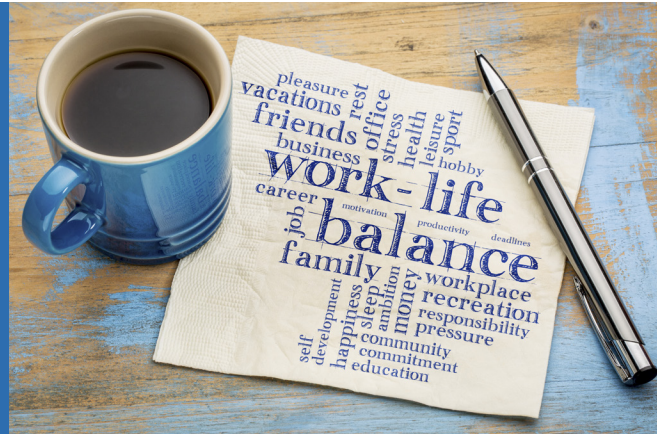


The Two Step: *Mastering the Dance of Home and Work*



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 include:

Self-Care: How do I integrate this into my already busy life?

Healthy Communication Skills: Why are these critical to my life at home and at work?

Harmony at Home: Does this affect my productivity at work? How can I achieve this?

Raising Children: How do I maintain the confidence, patience, and energy to succeed?

Happiness: What is it, and how can I create it?

Balancing Work Life and Home Life for My Best Life: Where do I begin?

Building Resilience: What is it, and how do I develop it?

Loving Someone with Substance Use Disorder: What can make the difference?

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

Susan McKeown, BSN, APRN (ret), CPS, MFA

Email: Susan@Beyondthefirstdance.com | Website: Beyondthefirstdance.com | H: 603-668-4859 | C: 603-860-9809



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 23 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 55 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." Sign up for her bi-weekly blog at Beyondthefirstdance.com.

