



Women's Leadership Workshop: **Better than Balance: Life Integration**

Instead of living in the illusion that we are going to one day achieve balance or get all of our life circumstances worked out, the idea of living an integrated life calls us to be creative and be honest about what really matters to us and all that competes for our time and attention. When we focus on life integration instead of balance, we recognize that there is no magical day out there in the future where we will at last achieve balance.

In Tiara, we define integration as blending into a unified functioning whole. We are committed to supporting the practice of life integration whereby the unified whole of your life is a creative blend that represents **your values, priorities, and desires**. One area of your life doesn't compete against another. Instead, life integration is a creative endeavor of integrating various roles and priorities in a way that reflects what you value.

The Tiara Model for True LeadershipSM underlies all Tiara International leadership development programming. The Model supports growth and development in three critical areas:

- Your awareness of your leadership strengths and blind spots
- Your ability to produce consistent results by yourself and through others
- Your influence and impact, simply by being on the team

During this interactive session, we discuss the pitfalls of work/life balance and evolve towards a new paradigm of Life Integration. This is a powerful platform that shows us how our top priorities create opportunities for living a fulfilling life that includes what we want both professionally and personally.

At the end of this workshop participants will be able to:

- Understand why striving for balance feels so stressful
- Assess and make inspiring choices about true priorities
- Shift thinking from "either/or" problems to "both/and" solutions to time management