

WORK-LIFE BOUNDARIES

for energy, presence and calm



Victorian Women Lawyers' is proud to present our Flourishing Workshops series designed to empower legal professionals to find their purpose and become authentic leaders within their community.

Back by popular demand, our facilitator is **Penny Locaso** the author of *Hacking Happiness*, a TEDX speaker and contributor to the Harvard Business Review.

The second in this series of interactive masterclasses is an empowering workshop to help you get clarity on boundaries in work and life.

Healthy high performance relies on healthy and sustainable boundaries between work and life. What changes can you make or learn to support yourself or a team in sleeping peacefully at night and then bouncing out of bed feeling energised in uncertainty, courageous in their actions and nourished at their core. This workshop is designed to help attendees walk away with:

- Clarity on what healthy high performance looks like and how busy is a barrier to its realisation.
- An understanding of their energy resources and where to channel them for enhanced impact and fulfilment.
- Clarity on what a boundary is and how to create one that enables the space for more of what matters.
- An Energy Audit Tool that enables the assessment and redirection of one's energy when it matters most
- A setting boundaries framework that empowers one to take control of their time and how they use it.

Feedback from Penny's Fear(Less) Masterclass in 2022

"Penny and the event were fantastic! I can't thank VWL enough for a life changing experience".

Tickets are limited and registrations are necessary.

Date: Wednesday, 19 July 2023

Time: 9.30am - 12.30pm (includes morning tea)

Location: Clarence - Workplaces for Professionals
Level 33, 385 Bourke Street,
Melbourne 3000

Cost: \$100 for VWL members
\$130 for non-member
Morning tea to be provided

Register: <https://vwl.asn.au/events-3/>

SPECIAL OFFER

If you also register for *Fear(Less) Masterclass* (19 April 2023) and pay the discounted price of \$150 for both workshops

With thanks to our event partner

CLARENCE
WORKPLACES FOR PROFESSIONALS