



Navigating The Art and Science of Change



# InnerChange<sup>®</sup>

Helping Women Transform Their Lives From the Inside Out

## Finding and Keeping Balance in a World of Competing Commitments Virginia Macali

November 19, 2008 - 8:30- 12:00 noon  
The Depot – 919 Old Henderson Road, Columbus, OH 43220

### The Seminar

In this workshop we will explore how to shift from a state of imbalance to a state of dynamic engagement. You can use this workshop as a time out to reflect on your current balance and discover new practices to move you back into balance when you tilt away from it.

### Key Topics:

- Take time out to reflect on your balance
- Shift the balance of your life
- Clear your mind to create balance and freedom
- Make requests and effective agreements
- Enjoy dynamic engagement in all your activities

### Benefits

Few if any women today will say they don't have enough to do. More women are aware that life is full, too full. Life is busy with commitments to work, home life, family, friends, interests, education and community.

If life's pace seems fast to you....If life seems full of activity....If you wonder how your life could be more balanced....If you want more time for yourself....If you want life to have more meaning.....You will find a way to move in a new direction in this workshop.

This seminar will give you a chance to take a time out to reflect on the current state of balance in your life. You will leave with a renewed sense of possibility for balance in your life and practices to guide you through.



Virginia Macali, JD, MS

Virginia Macali is a certified integral coach who is dedicated to the development of each of her clients. For 12 years, she has been coaching leaders and managers to move vision into action, have powerful conversations and have positive influence in their organizations. She also works with individuals who find themselves in the midst of a life transition.

With the increasing demands and pace of life, leaders find themselves off-balance and looking for greater effectiveness and meaning. Virginia has published articles on work-life balance and coached individuals to realize greater balance, competency and fulfillment.

Virginia also served in leadership positions for the International Coach Federation's local chapter and the YWCA Women's Leadership Series.

Cost - \$99 covers seminar cost, continental breakfast, breaks, session materials and InnerCircle networking package.

For more information go to [www.ncompass-consulting.com](http://www.ncompass-consulting.com) or [www.The-Depot.org](http://www.The-Depot.org)

**SPACE IS LIMITED – Register TODAY!**