



PERSONAL EFFECTIVENESS: MAXIMIZING RETURN ON ENERGY

A Workshop Focused on Helping Professionals Understand the Key to Personal and Professional Success in Order to Maximize the ROE on a Day-to-Day Basis

AGENDA

- ✓ **Self Awareness:**
Understand who you are and your strengths
- ✓ **Improving Return on Energy:**
Learn how to develop a personal action plan that can enhance overall performance
- ✓ **Work Life Balance:**
Identify ways to increase ROE on a daily basis to improve balance and satisfaction in your lifestyle