

ACHIEVING BALANCE

When You're a High Achiever



Achieving work/life balance can be a daunting task for both men and women. But in most cases, women face a few extra challenges. They're typically the primary caregivers for children – and aging parents. Factor in a demanding career they love, more to-dos than time in the day, and you find a generation of women that are burning out fast. Do your employees face this challenge? If so, your corporation could be in serious risk of losing your top female contributors.

Among smart corporations, it is common knowledge that staying competitive in the marketplace means identifying top female performers for strategic positions. Retaining these valuable employees extends well beyond salary and benefits packages. Companies must also provide the resources and programs to help them achieve work/life balance.

So where does a corporation go to find the right program on balance?

Right here. *Achieving Balance When You're a High Achiever* is a targeted, relevant program designed specifically for Fortune 500 corporations. This high-energy, half-day event will focus on helping your most talented female mid-managers to senior executives enjoy a new level of success within your enterprise and in their personal growth and fulfillment.

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ACHIEVING BALANCE

When You're A High Achiever

Achieving Balance When You're a High Achiever is Designed:

- Specifically for mid-managers to senior executives of Fortune 500 companies
- For class sizes of 40-100 attendees
- To be conducted in one four-hour session



If you'd like to provide meaningful insight to your female executives who desire to improve their productivity and enthusiasm at both work and home, contact Ellen Miller at:

ellen@ellenmiller.com

Defining what success looks like for women is complex; yes, it includes getting the corner office but it might also include a healthy marriage, volunteer work, and sometimes children. But always, success to a woman includes personal growth and fulfillment.

We believe that helping women achieve and maintain balance is critical for our economy, the strategy development for our enterprises and the stability of the American family. *Achieving Balance When You're a High Achiever* is a four-hour seminar designed to provide tools and insight to women looking to achieve work/life balance. Topics include:

Melting the Brain Freeze

Success in corporate America is not about doing more, faster. It's about creative problem solving. Learn eight specific tips and techniques – that work – to gain energy and enthusiasm for taking on new challenges in your management and leadership roles.

Extinguishing Burnout

Fatigue and frustration can build to the point where you not only cheat yourself out of a great career, but shortchange your employer out of a strong, experienced contributor. Learn how to take immediate action in order to gain control of your workload while managing expectations – yours and others'.

Loving Your Job

Fulfillment. We want to know that our work matters. The first step in loving what you do is to determine your top five talents. Learn how to recognize and put your gifts to work – for both your personal satisfaction and professional development.

Setting Yourself Free

Could you possibly be robbing yourself of joy and contentment at both work and home by trying to be all things to all people? Learn how breaking free from the concept of perfectionism can help you achieve improved relationships with your professional peers and subordinates, greater fulfillment in your work, and deeper connections with friends and family.

Establishing the "No Work Zone"

In addition to putting in their fifty-five hours a week at the office, many high achievers can be found answering email at midnight. How do we learn to turn it off when there's so much still to do? Establishing the "No Work Zone" can help you not only carve out more time for yourself, but create a less hectic environment for your family as you learn to "be present." Giving up the guilt puts you back in control.

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Ellen Miller recognized the need for work/life balance while she was serving as the vice president of merchandising for CompUSA. A high achiever herself, Ellen was a major contributor in the development of the computer superstore retail concept from 1990-1994. It was during this time that Ellen came to understand, intimately, the challenges of having a foot in both worlds: one in the business world (which she loves) and the other at home managing a growing family (which she also loves).

In 1994, Ellen founded Insider Marketing, Inc. that is today considered one of the leading providers of consulting and creative services to the technology industry. Over the past 12 years, Insider has delivered channel marketing and sales strategies, product promotions, and training solutions to some of the most successful companies in the computer industry, including Microsoft, Symantec, Intel, Samsung, and Texas Instruments.

In addition to running her marketing agency, Ellen writes and speaks to encourage professional women achieve work/life balance. The author of Truth Nuggets, a subscription-based email service, Ellen communicates weekly with a world-wide audience of women who desire to balance work, family, and personal fulfillment.

Visit her at EllenMiller.com

"Ellen speaks from experience and from the heart. She offers real-world, practical advice that you can put into action, today. Her energy is contagious."

Carol Meyer

First Vice President, Merrill Lynch

"Ellen's counsel is spot-on for the challenges professional women face today. Thought-provoking and entertaining – you will leave inspired."

Suzanne Groatman

Account Executive, Microsoft

"Ellen is engaging, enlightened, and delightful to watch. She has a way of relating to her audience that immediately makes them a part of the program."

Deborah Harrison

Strategic Marketing Manager, Samsung

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