As we go through our daily juggles, balance is something we all want, but many of us struggle to achieve. Often, the struggle to find balance stems from a lack of clarity in what’s truly important to us and how we spend our time. In this training, participants will personally define balance, discuss the influence of values and roles on balance, and examine how current roles align with their values. Participants will also learn life hacks to simplify their lives to allow more time to focus on what’s most important to them.

**Learning Objectives**
- Define what balance means to you.
- Discuss the influence values and roles have on life balance.
- Examine your current roles and how they align with your values.
- Explore life hacks to simplify your life.

**Who Should Attend?**
- These workshops are free to state employees.
- Before planning to attend, employees should ensure supervisor’s approval.
- Please provide two weeks notice for special accommodations.

**WEDNESDAY, MARCH 24, 2021**
**12:00 - 1:00 p.m.**

**Registration:**
Advanced registration is not required. To view and listen to the live webinar, go to [bit.ly/3saoyYB](http://bit.ly/3saoyYB) on the day of the event.

- Event Number: 132 762 2217
- Event Password: mPwZufrX223
- United States Toll: +1-408-418-9388
- Access code: 132 762 2217

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to [eap.calhr.ca.gov](http://eap.calhr.ca.gov). Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.