



The British Columbia Teachers' Federation  
"Vitality" project presents...

# Living with Balance

a program for BC Teachers

## Practical skills and strategies to attain goals toward **work-life balance**

### This six week group program will provide opportunities for:

- learning practical skills and strategies to attain goals toward work-life balance.
- recognizing common barriers and learning new thinking styles.
- identifying tools and strategies (based on scientific research) that are effective in building long lasting resiliency.
- defining work-life balance and healthy boundaries.
- understanding the effects of work-life balance.
- realizing the importance of diet and exercise for sustainable health.
- learning about the benefits of employee-assistance providers and community resources.
- resolving conflict and learning non-defensive communication skills.

### Program details:

- 12-hour group workshop which typically meets once a week for two hours.
- group consists of 10-15 teachers and 1-2 group leaders.
- leaders are qualified occupational therapists or trained consultants in mental health — knowledgeable of classroom environments and the teaching profession.

### Past participant testimonials:

*This course should be mandatory for all teachers. The first class has opened my eyes to the fact that "I" am important and "I" need to take care of me — no one else will. Along with this I've learned how to monitor and change my behaviour and thinking to foster this!*

*If not for this course, I might very well have wallowed in an unhealthy state until I slipped out of teaching. I now look forward to charging forth until I hit retirement running.*

*It is encouraging to have help so readily available. I have been exposed to numerous and varied alternatives to my situation. I will endeavour to implement these changes in the coming days. Thank you!*

## Vancouver Series

**Wednesdays 4:00-6:00pm**

**at VSTA/VESTA Office**

**2915 Commercial Drive**

**April 4, 11, 18, 25**

**May 2, 9**

snacks provided



British Columbia  
Teachers' Federation

**Please  
register in one  
of these ways**

1. Online at [www.bctf.ca/forms/LWB-registration.aspx](http://www.bctf.ca/forms/LWB-registration.aspx)
2. E-mail your registration to [lwb@bctf.ca](mailto:lwb@bctf.ca)
3. Fax your registration to 604-871-2287