

Balance & Resilience

Work Life Balance in a Demanding World

Programme Goals

This four week coaching programme helps employees manage stress, strengthen emotional resilience and create sustainable work life balance. Through interactive sessions, participants gain self awareness, learn simple techniques for managing pressure in real time and develop habits that support performance and personal wellbeing.

- Understand stress and recognise personal triggers
- Build emotional resilience and a more solution focused mindset
- Create healthy boundaries that protect time and energy
- Use practical tools to manage pressure in the moment
- Develop sustainable habits that support long term wellbeing

What's Included

- Four weekly 90 minute sessions, delivered in person
- Relaxed, supportive and interactive sessions
- Group discussion, practical activities and take home tools

Your Weekly Journey

Week 1:	Understanding Stress & Its Impact Recognising how stress affects performance, health and decision making.
Week 2:	Building Emotional Resilience Learning tools to remain calm and solution focused under pressure.
Week 3:	Self Care: Creating Balance & Boundaries Protecting energy and creating a realistic work life balance.
Week 4:	Creating Sustainable Wellbeing Habits Building simple routines that protect long term wellbeing.

Delivered by Deirdre Treanor	deirdre@deirdretreanor.com
Life Coach & Founder of The Confidence & Style CEO	+353 87 6702171

Week 1: Understanding Stress & Its Impact

FOCUS | Build awareness of how stress affects performance, health and decision making.

- Understanding stress and how it affects the body and mind
- Identifying personal stress triggers
- The difference between manageable stress and burnout
- Stress mapping and identifying what can be controlled

Takeaway: A five minute Stress Reset breathing technique for daily use.

Week 2: Building Emotional Resilience

FOCUS | Equip employees with tools to remain calm and solution focused under pressure.

- The pillars of resilience including mindset, support and self care
- Reframing negative thought patterns
- Managing emotions under pressure
- The 90 Second Reset Technique for emotional regulation

Takeaway: A practical Resilience Toolkit for everyday use.

Week 3: Self Care: Creating Balance & Boundaries

FOCUS | Help employees protect their energy and create realistic work life balance.

- Work life balance in a busy world
- Sustainable harmony rather than perfect balance
- Setting healthy boundaries around email, delegation and saying no
- Including self care in busy routines

Takeaway: The 1% Rule for dedicating part of each day to personal wellbeing.

Week 4: Creating Sustainable Wellbeing Habits

FOCUS | Support employees in creating simple routines that protect their wellbeing long term.

- Micro habits that reduce stress and increase energy
- Prioritising recovery, sleep, breaks and digital boundaries
- Creating a personal Wellbeing Action Plan
- A 21 Day Habit Sprint focused on one positive habit

Takeaway: A Wellbeing Toolkit to support lasting resilience and balance.

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