

## Feeling Overwhelmed?

Whether you work 20, 40 or 60 hours – does it always feel like there is too much to do?

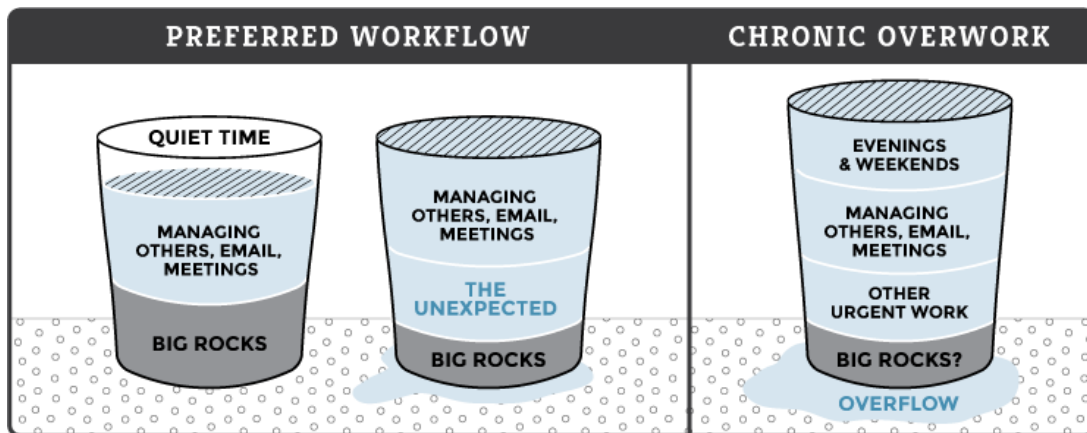
ThirdPath's OMG!—**Overwhelm Mitigation Groups**—Will help you find a better answer.

How much time –“how big of a container”— do you want to allocate to work?

How can you make sure you have enough time for your –“big rocks”— your most important work?

What else do you want to make time for? What is your preferred work/life schedule?

Bottom line, our OMG! calls help people learn – creating time for their lives outside of work, actually helps them find ways to become more effective at work and satisfied with their lives.



Learn how to avoid chronic overwork – the glass on the right  
Learn how to better manage the ebb and flow of work – the two glasses on the left.

### Develop win-win solutions to work more effectively.

- Plan around the “seasonality” of your work – learn how to build in extra support when work is extra busy
- Create routine “quiet time” – time for projects that need your focused attention like assessing, writing and planning
- Improve delegation – discover how working as a team can improve work life balance for all

**Learn how to turn off work while on vacation** – or even how to turn off work evenings and over the weekends!

**Dream big!** Discover how both men and women can work together to create their own unique solution for balancing work, family and other life interests.

***Want to learn more? Join a series of 12 calls that meet once a month for an hour. Not only will you discover one-of-a-kind information, you'll also be supported to put new skills into practice.***

Go to: <http://www.thirdpath.org/for-individuals/> for more information or to register.