



South East Wales Work Life Balance Network

We are delighted to welcome you to the South East Wales Work Life Balance Network meeting and thank our colleagues at Coleg Morgannwg for hosting the event.

The aim of the Work Life Balance Network is to promote awareness of work-life balance and support employers across Wales wishing to develop and sustain work-life balance policies and practice.

The WLB network objectives are:

- To develop and support a group of employers seeking to introduce and/or maintain work-life balance for their work-force
- To develop a communications network to raise awareness of work-life balance issues amongst employers
- To develop a programme of activities to address issues raised by the group
- To explore potential links with similar bodies and contribute to local, regional and national strategy

Venue	Coleg Morgannwg Nantgarw Campus Heol yr Odyn Parc Nantgarw Cardiff CF15 7QX Tel: 01443 663379
Directions	For directions go to www.morgannwg.ac.uk/camp_campuses_detail.aspx?camp_ID=3 On site parking is available
Date	Wednesday 30 th June 2010
Start	9.30am Registration and refreshments
Finish	12.00 Light buffet lunch and networking
Optional	1.00pm to 2.30pm Free treatment at The Academy, Coleg Morgannwg
Facilitator	Jane Nyhan 07813 683658 jane.nyhan@chwaraeteg.com

Programme

09.30	Registration, refreshments
10.00	Welcome, introductions
	<p>Joy Ogeh-Hutfield, Director and Professional Coach</p> <p>“The Answer Lies Within”</p> <p>An inspirational and action packed presentation exploring the benefits of developing an ongoing professional relationship that enables individuals to produce extraordinary results in their lives, careers and businesses.</p> <p>This taster session will enable individuals to develop mini achievable goals that can help sustain a work- life balance.</p> <p>Joy is the director of Lamajo training consultancy, which provides bespoke professional training and development services to organisations and businesses across England and Wales in the area of Equality and Diversity, Leadership and Management Skills. Joy is also a professional Coach accredited by the International Coaching Federation (ICF) and has experience of working in the area of personal motivation, confidence and assertiveness and relationship building for over 10 years.</p> <p>Joy is an inspirational motivational speaker with maximum impact. She has been invited as guest speaker at many major conferences and events including the British Association for Women in Policing (BAWP).</p>
	<p>Julie Rees, Coleg Morgannwg</p> <p>‘How the Academy can support a phased return to work’</p> <p>Coleg Morgannwg campus situated at Nantgarw houses The Academy. It offers courses in Complementary Therapies, Sport & Fitness, Beauty and Spa Management to HE level.</p>
	Round table discussion: Sharing best practice, finding solutions
	Update on Flexible Working and Work Life Balance Jane Nyhan, Chwarae Teg
	Agreeing what you want from the next Work Life Balance Network meeting
12.00	Networking and buffet lunch

1.00

Free treatment at the Academy

An opportunity for Network members to have a free treatment at The Academy. Please note you need to choose your treatment in advance.

The Academy Spa Menu

Complementary

Reflexology
Massage
Aromatherapy Facial
Raiki

Beauty

Express Facial
Mini Manicure
Express Back Massage