



### **South West Wales Work Life Balance Network**

We are delighted to welcome you to the South West Wales Work Life Balance Network meeting and thank our colleagues at Mid and West Wales Fire and Rescue Service 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

<b>Venue</b>	Mid & West Wales Fire & Rescue Service Lime Grove Avenue, Carmarthen, SA31 1SP Tel: 0370 6060699  <b>Network will take place in the Fire Authority Conference Room</b>
<b>Directions</b>	For directions go to <a href="http://www.mawwfire.gov.uk/home_eng/FAXMAP.PDF">www.mawwfire.gov.uk/home_eng/FAXMAP.PDF</a>  On site parking is available. As you arrive turn left into the Headquarters and follow the road past the Fire Station. The Fire Authority Conference Room car park is next left.  <b>Please do not park anywhere in the fire station vicinity.</b>
<b>Date</b>	Wednesday 6 <sup>th</sup> October 2010
<b>Start</b>	9.30am Registration and refreshments plus networking
<b>Finish</b>	12.00 Light buffet lunch and networking
<b>Facilitator</b>	Jane Nyhan 07813 683658 <a href="mailto:jane.nyhan@chwaraeteg.com">jane.nyhan@chwaraeteg.com</a>

## Programme

<b>09.30</b>	Registration, refreshments, networking
<b>10.00</b>	Welcome, introductions
	<p>Joy Ogeh-Hutfield, Director and Professional Coach</p> <p><b>“The Answer Lies Within”</b></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>
	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
<b>12.00</b>	Networking and buffet lunch