

# "Work-life balance in Action"

Submitted by: Total Marketing Network

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## "WORK-LIFE BALANCE IN ACTION"

A unique course combining leadership and relationship effectiveness at Pelham House, Lewes, East Sussex.

Living the work-life balance is something we all strive for but in the majority of cases miserably fail to achieve. Stressed and fatigued employees struggle to meet productivity and relationships come under strain both in the workplace and in family life.

Now for the first time in the UK, managers and executives, together with their partners or spouses will be able to attend a unique, three-day residential course – "Work-life Balance in Action" – on Friday 17th through to Sunday 19th September 2004, (inclusive). The course combines the techniques of L.E.T. (Leader Effectiveness Training) and F.E.T. (Family Effectiveness Training), into one.

The joint venture programme, which is being hosted by Pelham House, a Grade II\* Listed country manor house in the heart of the county town of Lewes in Sussex, is the brainchild of Harvey Peters, an international training consultant with over twenty years experience in motivational and management development programmes.

"Work-life Balance in Action will offer proven communication skills that help to build close and co-operative relationships leading to increased motivation and productivity in the workplace. The tools of Active Listening, I-Messages and Win-Win Conflict Resolution in this powerful model are not just applicable in the workplace but also at home, which is the very reason behind extending the course, for the first time, to include partners," says Harvey Peters.

L.E.T. and F.E.T. are utilised by an impressive number and variety of global companies and organisations and are the creation of Gordon Training International, a worldwide renowned human relations training company with headquarters in the US.

Stephen Emmons, President of Action for Excellence International, and a master trainer with a resume of experience in 20 countries, will be representing Gordon Training as the presenter of the L.E.T. course at Pelham House.

Running parallel to this will be the F.E.T. course for partners, which is being lead by Stephanie Davies-Arai, one of only a handful of F.E.T. qualified trainers in the UK.

The cost of the 3-day course is £1,480, exc. VAT, per delegate and £1,080, exc. VAT, for accompanying partner, including 2 overnight stays at Pelham House, breakfast, lunch and gastronomic dinner on Friday and Saturday nights. (10% discount is available for companies booking spaces on behalf of 4 or more

delegates).

Spaces are limited for the September course so early booking is highly advisable.

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For further information: Please contact Harvey Peters - @ Pelham House, St. Andrew's Lane, Lewes, East Sussex. BN7 1UW. To make your booking telephone 01273 487388, Pelham House. Harvey Peters can also be contacted on mobile 07813 946640.

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Editors Notes:

Roffey Park management research & training institute quizzed 735 employees in it's annual Management Agenda survey found that 70% of managers were looking for something more meaningful in their lives.

Please see attached for background on courses.

WHO IS GORDON TRAINING INTERNATIONAL?

Gordon Training International (GTI) is a world-renowned human relations training company founded in the early 1960's by Dr. Thomas Gordon, a Nobel Peace Prize nominee. The mission of GTI is to provide people worldwide with the communication and conflict resolution skills they need to strengthen and enrich relationships in the workplace, home and in the family.

The programmes provide a comprehensive set of skills as well as a framework for knowing how and when to use them. Once learned and practiced, these skills become an integral part of people's day to day communication in all their relationships.

WHY IS THE PELHAM HOUSE 'WORK-LIFE BALANCE IN ACTION' COURSE UNIQUE?

This is the first time in the UK that the two courses, L.E.T. and F.E.T., are combined to give both partners the unique, equal opportunity to come and learn proven and tested skills together and to help each other dramatically improve their relationships in the workplace and importantly at home. "We are also privileged to have such dynamic and qualified leaders to take this course in the UK, Steve Emmons from the States and Stephanie Davies-Arai," says Harvey Peters.

Work-life balance is a huge issue at present – downsizing has become more and more prevalent, people are stretched and the workplace is frantic and stressful. And in an age of development, there is much larger emphasis placed within companies on employees' emotional skills. "The course," adds Harvey Peters, "provides an opportunity to practice what you have learned and translate it into home life, so everyone benefits. The company, in terms of the quality of its leaders and enhanced performance in the workplace, and family life as empowered employees are less likely to be upset, depressed or distracted."

Model: Contribution to the workplace and equal respect to the family = contribution to society – a Win-Win Situation.

## THE PELHAM 'WORK-LIFE BALANCE IN ACTION' COURSE

Specifically L.E.T. participants will learn to:

- Listen, prevent misunderstanding and deal with resistance.
- Communicate clearly for maximum impact.
- Make effective, successful decisions.
- Resolve conflicts and problems efficiently and effectively.

Ultimate success as a manager or executive depends on building and maintaining strong productive relationships that foster respect and performance excellence.

Those involved in the F.E.T. course will also specifically learn:

How to talk to your children so that they will listen

- How to listen to your children so that they want to share more with you.
- How to resolve your problems together so that everyone's needs are met and problems stayed solved.
- How to confront unacceptable behaviour effectively without harming the relationship.

As the skills are applied at home, family members become more cooperative and respectful of each other's needs. There is less problem time and more time for 'fun'!

Positive family relationships mean more energy and less stress on the job.

Course attendees will have the opportunity during 'break-out' sessions to interact and practice with their partners the skills that they have learned in their respective courses.

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