



Skyline College Classified Staff Mini-Retreat

Classified Staff enjoyed a Spring “Mini-Retreat” on Friday, April 12, 2013. A leisurely lunch allowed staff to socialize and welcome several new employees to the Classified Council. Following lunch, the workshop *Juggling Act: an Overview of Work/Life Balance* was presented by Karen Habegger of Claremont EAP. The workshop topic was selected as a result of a recent Classified Council survey, in which staffs were asked to choose workshop subjects they were interested in attending.



Ms. Habegger engaged Skyline College staff in a lively conversation about the challenges of balancing the demands of work, family, friends, community, personal interests, and, of course, self. She has worked with employees at numerous multinational corporations including Google, Yahoo, Microsoft, AT&T, and Wells Fargo. An expert in group facilitation, Habegger was selected by Stanford Business School to present on the topic of “Working in an International Market.”



*The Skyline College Classified Council invites you to attend its
Spring Mini-Retreat:*

JUGGLING ACT: OVERVIEW OF WORK/LIFE BALANCE

Everyone needs to balance the demands of work, family, friends, personal interests, community activities and, of course, self. Often the burden becomes too great, leading to job burnout and overall life stress. Learn how to manage your time to maximize professional and personal fulfillment.



TIME: Lunch (provided) 12:00 - 1:00
Workshop 1:00 - 2:00

DATE: Friday, April 12, 2013

LOCATION: Skyline College Room 6202

CONTACT: Linda Allen, x4123, allen@smccd.edu

Please RSVP to Linda Allen by April 3rd

*If you are planning to attend the retreat, you must complete and submit a
CONFERENCE ATTENDANCE APPROVAL FORM signed by your supervisor.
Please send the approval form to Linda Allen by **April 8th***