

RED ROOSTER
CONSULTING,
INC.



*Delivering Organization
Development expertise to
client organizations
since 1999*

New!

The Mastering Life Balance Workbook – 80 plus pages of self assessment and improvement exercises aimed at helping participants put tangible action in place and achieve Life Balance goals.

Red Rooster Consulting, Inc.
telephone 847/724-1935
facsimile 847/724-8508
rosemary@redrooster.net
www.redrooster.net

Locations: Glenview, Roscoe
Village and West Loop

Dear Friend,

Each of us defines life balance differently. So, the formula for balance we target is unique to our specific lives and needs. However, we all have a similar story; there are not enough waking hours in the day to get it all done. While there will never be enough time in the day to do all of the things one must do --- all the things one wants to do --- there are ways to ensure that what we do is thoughtfully selected and valued.

Life balance is a choice and a discipline. When we are out of balance, we tend to have a negative impact on many others. Think of a pebble dropping into the water and the emanating concentric circles. If you are the pebble, who and what lay in those wakes? Our health, relationships and the quality of work suffer when we are out of balance. Striving for balance is a personal responsibility the results of which have impact on others and our selves.

If you are interested in having the Mastering Life Balance session conducted in your organization, please contact me directly at rosemary@redrooster.net.

Here's wishing you a healthy, prosperous and balanced New Year in 2007

Rosemary Marks DiMonte
Executive Principal & Founder

Mastering Life Balance Session

Red Rooster Consulting continues to have an overwhelming positive response to the Mastering Life Balance session. Participants have the opportunity to think, plan and make choices as they:

- Define Balance
- Create a personal vision
- Assess the alignment between their vision and actions
- Identify what makes them happy
- Make choices on what to start, stop and continue to achieve balance

This interactive session can be of varying durations between 1.5 hours to a full day. Some of our clients hold lunch-and-learns, include the session in quarterly or annual meetings, or offer the session as a part of or in place of regular department meetings. For those organizations that value work/life balance, this session supports existing cultural values. But, it puts the onus of balancing one's life on the individual.

Clients and Organizations that have sponsored this event for their associates/members include but are not limited to:

- University of Chicago Graduate School of Business Alumnae Conference
- Committee of Healthcare Executives (CHEF)
- Lake Forest Graduate School of Management
- TAP Pharmaceutical Products Home Office
- TAP University
- Takeda Pharmaceuticals North America Medical and Scientific Affairs Division
- The Catalyst Ranch King Kong Breakfast Series



Presenter:

Rosemary Marks DiMonte is the Executive Principal & Founder of Red Rooster Consulting, Inc., an organization development consulting practice that specializes in aligning culture, strategy and people. Rosemary has been in the business of strengthening performance in organizations and individuals for 20 plus years. She is an organization development expert, business strategist and executive coach.

Red Rooster Consulting was founded in 1999 and is a Chicago based practice that provides services to public, privately-held and not for profit organizations. Rosemary started the practice --- which has evolved into a virtual organization that has over 40 client organizations and 30 plus alliance consultants --- to achieve her definition and vision of life balance. While she's much more interested in hearing your story than telling hers, she will tell you that she is not only a practice leader but the mother of four and like most participants in her session (men and women) she struggles with the stress of work, family and life.