



Each of us define balance differently. Thus the formula for the balance we seek is unique to each life, situation and needs. However, we all have a similar story...there are not enough waking hours in the day to get it all done. Yet, while there will never be enough time to do all the things one must do—and 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 others, and our health, relationships, and quality of work suffer. Striving for balance is a personal responsibility, the result of which will positively impact those around us and ourselves.

If you are interested in a Mastering Life Balance session for your organization, professional association or other group, please contact me at 847.724.1935 or rosemary@redrooster.net. We welcome the opportunity to share this practical and often game-changing approach with you!

*Rosemary DiMonte
Red Rooster Consulting, Inc.*

MASTERING LIFE BALANCE sessions provide the participants with 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

Now Updated!

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

This interactive session can be of varying durations, anywhere between 1.5 hours to a full day. Many clients hold lunch-and-learns, include the session in quarterly or annual meetings, or in place of regular department meetings. For those organizations that value work/life balance, this session supports existing cultural values, while putting the responsibility of balancing one's life squarely where it belongs...on the individual.



Rosemary M. DiMonte is the Principal and Founder of Red Rooster Consulting, Inc., which specializes in Strategic Planning and Leadership Development. Rosemary has been in the business of strengthening performance in organizations and people for her entire career. She is an organization effectiveness expert, business strategist and executive coach.

Red Rooster Consulting was founded in 1999 and is a Chicago-based practice that provides services to publicly-traded, privately-held and not for profit organizations across all industries in the USA, Mexico, United Kingdom and Europe. Rosemary started the practice to achieve her personal definition and vision of life balance. While she's much more interested to hear your story than tell you hers, in these workshops she shares her relatable struggles and choices as a business owner, mother and family manager and how she has progressed in mastering life balance.

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