

Balancing Pleasure and Achievement in the Workplace

A workshop for organisations and working groups

This workshop is designed to allow work groups pause to consider the degree to which their working environment is both fun and rewarding.

A fulfilling life is to be found by balancing pleasure in the moment with a sense of satisfaction through achieving meaningful goals. This applies at home, at work, and in our leisure pursuits.

The presentation invites staff to firstly reflect on their broad **personal orientation** towards pleasure or achievement, and then to consider **practical ways of building more fulfilling and sustainable workplace routines** for themselves. In effect, to manage themselves more effectively and to the demands made on them.

The workplace is inevitably a strongly 'achievement-oriented' environment where we tend to focus on outcomes and future targets. We go to work to get things done. There is an objective purpose to what we do, and outcomes become paramount.

But taken to the extreme, we can become stressed, excessively driven and we often burn out. Conversely, the absence of meaningful goals in a 'cruisy' workplace leads to staleness, boredom and discontent! A balance of pleasure and achievement is clearly required...

Practical suggestions are made in order to:

- increase/decrease a pleasure orientation, and
- increase/decrease an achievement orientation.

We shall also review the **organisational culture** from this perspective, and discuss how the team dynamic could be steered towards greater a greater sense of collective fulfilment. In essence, this presentation offers suggestions as to how we might really go places as a team whilst also enjoying the ride!

Participants leave the workshop with a clear personal plan for managing stress in the workplace, and also a clearer understanding of how to maintain a sustainable, productive role for themselves and their team.

As part of the registration fee, participants receive a complimentary copy of *When Happiness is not Enough*, a self-assessment questionnaire and a self-review booklet.

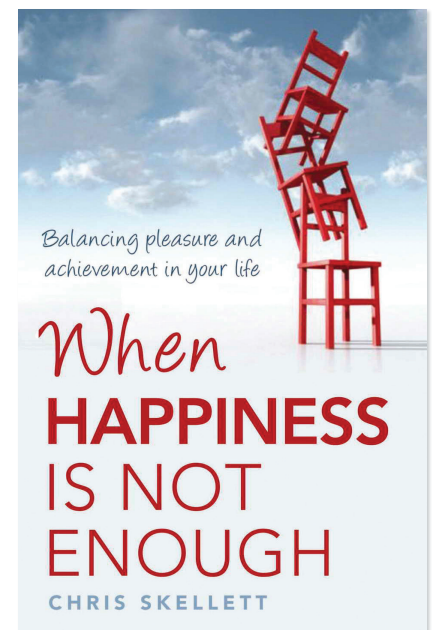
It's a fun interactive workshop ... and it's thought-provoking!



Presenter **Chris Skellett**

MSc Clin Psych FNZCCP
Clinical Psychologist and Author
Dunedin, New Zealand

Chris has 35 years of experience working as a clinical psychologist and executive coach. In recent years he has written two highly acclaimed personal development books promoting the value of 'self-evident truths' in therapy.



When Happiness is not Enough considers the need to balance pleasure and achievement in one's life.

For more information
call **Chris 0064 3 482 2689**
or email skellett@actrix.co.nz
Workshops tailored to specific groups on request.