

Steven Reeder

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Certified Coach, Speaker, Trainer

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CREATING BALANCE Your Way

Steven did a wonderful job in laying a foundation of an individualized way to think about how we take better control of our own work life balance. Not a prescriptive 'here's what you can do' but more interactive and tied to personal goals.

AbbVie Global Compliance

Steven's delivery of the material was very effective and he managed to illustrate his points with examples I face in my day to day, making it much more applicable. This new insight created clarity for me. Thank you!

AbbVie Global Learning

Steven creates a stable, solid space for learning and growth, so that when you leave you feel armed with useful information and a strategy of how to apply the concepts that he talks about. He makes complex concepts simple and tangible for easy application in real life. He makes the topics interesting and enlivening, and really shows how to strategize difficult and challenging issues, leaving the audience feeling energized and motivated.

Barb Heenan
Bodhi Road

There is a great deal of reference and conversation around conscious choice, but little concrete information describing what it really is, how to create it, and make true and lasting change in life by utilizing it. Steven really helps you understand and integrate those concepts into daily life, and tie it all together and create positive change. This change results in an ability to be present, fully engaged, and proactive rather than reactive, enabling you to make better choices and decisions, and be in control of your own future. This is just priceless information.

Jann Jaffe
Forward To Success

Are you struggling to get the balance you want? How **overwhelmed** are you, managing your career, family, and future? How much **anxiety** do you feel every time one more thing gets added to your schedule? Are you falling into a pattern of “**long-term coping?**”

Achieving balance can be a struggle for many, as shown in corporate culture surveys year after year. Join Certified Professional Coach Steven Reeder who, using a combination of interactive exercises and lively discussion, will help pull back the curtain on what can make life unworkable (and work unlivable). Learn how to reconcile your “have to’s” with your “want to’s” and find the **balance** you seek.

Attendees leave this workshop knowing:

- *Three keys to achieving balance.*
- *Three areas where most distractions arise.*
- *Three blinders that block you from success, and how to turn them around.*

Program length: approximately 60 minutes

Steven Reeder is a Certified Professional Coach, Certified Grief Recovery Specialist, and Energy Leadership Master Practitioner. He has partnered with such organizations as AbbVie, American Society for Quality, Age Forward, Bodhi Road, Namagay, and Metropolitan Community Church to create instant impact on grief, work/life balance, self-leadership, and major life changes. He is also an Assistant Trainer and Success Coach for the Institute for Professional Excellence in Coaching (iPEC); teaching and supporting students to raise the consciousness of the world one person at a time.