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- We live in a fast paced society where there are many contradictory internal and external demands placed on us in our every day life. For example, the demands of:
 - ❑ Making a living
 - ❑ Competing to excel in our material life
 - ❑ Looking after the family needs
 - ❑ Looking after our personal needs
 - ❑ Adapting to a different culture and values
 - ❑ Preserving our own beliefs and values
 - ❑ Preparing for the life hereafter.
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- These contradictory demands often result in severe conflicts in our inner, inter-personal and spiritual life.
 - Depression, violence, drinking and drugs, low self-esteem, anxiety and fears, and frustrations and helplessness are some of the symptoms of these conflicts.
 - If these internal and external conflicts are not resolved effectively, they may cause severe emotional and psychological damage in an individual.
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- What is the answer?
 - What do we need to do to effectively resolve these pressures and the resultant conflicts?
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LIVING A BALANCED FAMILY LIFE

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- This workshop is designed to assist the participants in identifying their daily life pressures, contradictory demands on their time, money and energy, and consequences thereof.
 - It teaches the participants the principles and practices that promote balancing out these life demands and promotes appropriate values and beliefs that provide a frame of reference for such balancing.
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For further details and making arrangements to have this Workshop delivered in your community, please send an e-mail to workshops@shifa.ca
