

Keynote

# The WOW Effect in Work-Life Balance

(offered in person and online)

Jasmin  
Bergeron



# The WOW Effect in Work-Life Balance

KEYNOTE

## The WOW Effect in Work-Life Balance



## PRESENTATION OUTLINE

### Seeking balance

- Lifestyles of people with the best track records in balancing work and family
- Strategies for targeting priorities
- Overcoming guilt

### Living successfully . . . professionally and in our personal lives!

- Clear vision of work-family balance
- Necessary or superfluous?
- Surprise! Resources exist!
- Flexibility all around!
- Save your energy and eliminate energy-consuming relationships
- Stop being the perfect parent! Letting go of perfectionism.

### Time solutions

- Time... quality versus quantity
- Motto: organize, plan and... don't forget yourself!
- Active adaptation
- The best apps for work-life balance
- Escaping or harnessing the routine?

### Real-life examples

- Inspiring strategies for balancing work and family
- Useful techniques for saving time
- Practical tips for creating WOW at work and in your personal life
- The first steps to practice what you have learned and go toward a healthy work-life balance after the presentation

## Keynote Introduction

Balancing professional and personal lives is an achievable, attainable and rewarding challenge! Especially with the recent events, balancing our professional and personal lives may appear to be an unreachable ideal, as well as an obstacle course! Changes in today's working environment, evolution of the family unit and ever-increasing demands add stress to our lives. The Superman or Superwoman syndrome has become a cliché! Our need for harmony between time spent at work and in our personal life is a rising concern. Fortunately, we can maintain a healthy balance between the two! Combining professional achievement and parental accomplishment is possible but requires more than just good intentions! The keynote "The WOW Effect in Work-Life Balance" was built with this concept in mind.

This presentation was designed in cooperation with experts in stress management and parental advisors. We also consulted several people who are happy in their professional and personal lives and who stand out for their way of reconciling the two roles. In the keynote, Jasmin will discuss principles, examples, and strategies that you'll be able to put into play quickly, for a rewarding learning experience!

**Jasmin Bergeron, CSP, MBA, Ph.D.**

Keynote Speaker

Professor, UQAM

514 978 0795

[info@jasminbergeron.com](mailto:info@jasminbergeron.com)

[jasminbergeron.com/en](http://jasminbergeron.com/en)

KEYNOTES  
**WOW!**

JASMIN BERGERON

# The WOW Effect in Work-Life Balance

## Who is Jasmin Bergeron?

Professionally, Jasmin Bergeron, Ph.D., CSP (Certified Professional Speaker) is a veteran of 2000 keynote presentations and workshops in 12 countries around the world! Jasmin received the “Certified Speaking Professional” designation, which is the highest international designation that can be earned in the professional speaker industry worldwide. He also authored or co-authored of five books, 40 scientific research papers and over 100 newspaper articles in journals such as The Wall Street Journal.

Personally, Jasmin is a fulfilled spouse and father of two wonderful young girls! Daily, he contributes to the wellbeing of his family. For him, to actively participate in his family’s happiness is as important as work accomplishments. This is where work-life balance makes the most sense.

Jasmin’s main objective is to deliver practical tips and tools that can be implemented immediately. Delivering well-researched and relevant insights, Jasmin Bergeron is known for his interactive, humorous and value-oriented approach. You will leave Jasmin’s keynote refreshed, energized and more confident than ever that you are prepared for the road ahead.



## Testimonials – A Professional Speaker Who Will WOW You!

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***“Jasmin hit a homerun with our group last Tuesday. A great success and a great guy as well. Thanks a lot!”***  
Eric Fillion, Principal Advisor, AGROPUR

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***“You explain how to create a WOW effect while doing it yourself with your audience.”***  
David Collin, Sales Manager, DESJARDINS

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***“We laughed throughout the keynote—and began rethinking our way to balance our professional and personal lives! You were the ideal speaker for us!”***  
Barbara Ferguson, Regional Director, WALMART

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Professor, UQAM  
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