



PRESS RELEASE
FOR IMMEDIATE RELEASE

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Members of the press are invited to cover this event. Please contact Kate Frantz to register for complimentary press tickets.

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Speaker Series: "Life Meets Work: Addressing Work-Life Balance"

Arlington, VA - Leadership Arlington is holding a Speaker Series on "Life Meets Work: Addressing Work-Life Balance" at WETA (2775 S. Quincy Street, Arlington, VA 22206) on Tuesday, October 22 from 11:30am until 1:30pm.

Work-life balance looks differently to every individual. It is easy to get caught in the struggle of this balance, but it is manageable with the right tools. This interactive Speaker Series allows for discussion to provide a framework and open dialogue around work-life balance for all professional levels.

"The goal of a balanced life... is more a process than a completed task," observes Dr. Ramona Seidel of Bay Crossing Family Medicine. "Innovative methods are a must [for achieving this balance]."

At this session, attendees will focus on determining what their personal work-life balance looks like, understanding others' balance without forcing their own values onto others, initiating conversations within organizations or peer groups around ideal balance, responding to questions about work-life balance and adjusting accordingly to increase productivity using the provided framework.

"Life Meets Work: Addressing Work-Life Balance" is especially suitable for individuals looking for skills and time to reflect, frame and communicate their work-life balance as well as Human Relations staff or upper level management wishing to support their employees in achieving a work-life balance and avoiding burnout while keeping productivity and output in the workplace high.

[Jan Day Gravel](#), Founder & Managing Director of Janus Development Group, will lead this Speaker Series session using her years of professional experience.

To register for this event, please visit the Leadership Arlington website at www.leadershiparlington.org. Admission is \$40 for Leadership Arlington members and \$50 for the general public. Lunch and materials are included.

About Leadership Arlington

The mission of Leadership Arlington is to enlighten, inspire and connect leaders to strengthen the community. The vision of Leadership Arlington is a prepared, inspired and inclusive leadership who together embrace responsibility for the common good. For more information, visit www.leadershiparlington.org or call 703-528-2522.

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