**Email Invite –W•F•S Self**

Below is a template you can use to guide a Work, Family & Self Balance conversation with yourself.

As part of your 12 Week Action Plan for ***Courageous Leadership*** development, focus on the characteristic of being a “Work, Family & Self” leader.

Set aside 60 minutes.

Use the following bullets to potentially guide your conversation:

* How important is achieving Work, Family & Self (W•F•S) Balance?
* Is it possible to truly balance W•F•S while striving for professional excellence?
* What is the appropriate W•F•S Balance for me at this stage in my life and career?