



NEW SOUTH WALES  
BAR ASSOCIATION

# Life Balance

**Presented by:**

**Ian Hawkins (Inspired  
Dads)**

**Chair: Michael Gleeson**

**NSW Bar Association**

**Common Room**

**5.15pm Wednesday**

**8 June 2016**

**1.5 HOUR SEMINAR**

**1.5 CPD POINTS IN THE  
MANAGEMENT STRAND**

This CPD Seminar has been organised by the New South Wales Bar Association Health and Wellbeing Committee.

When your life is out of balance it can all seem too hard. You always feel rushed, there is never enough quality time for yourself or your family, your sleep suffers, you feel unwell and you end up exhausted.

In this seminar we work on life harmony so you can find amazing energy by getting healthy, developing laser like focus to make optimal use of time, by relaxing and learning to let go of memories and habits that no longer serve you.

**THIS PROGRAM IS OPEN TO MEMBERS OF THE NSW  
BAR ASSOCIATION**

**REGISTRATION IS NOT REQUIRED**

For more information, please contact Bali Kaur  
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