



The Balancing Act of Executive Couples:

Managing your Relationship, your Business & your Life

Presented by Enlignment, Inc.

*Who is winning the lottery for your time — your business, your children or you?
Is your relationship at the bottom of your "To Do" list?*

The boundaries between the personal lives and business lives of working couples can collapse under the pressures generated by business success. As executives, business owners and leaders we are powerful at work. But, driven by mounting stressors, we can lose track of our ability to have the life we want at home. Many of us are simply overwhelmed and struggling to manage and balance all we have to do. We often dream of more successfully separating the two, rather than having work dominate the rest of our lives. In particular, as co-preneurial, co-executive or co-professional couples, we need effective boundaries in the relationship between our business and our personal lives. This challenge calls for relationship strategies that work as well as our business strategies.

In this day long, interactive seminar, you will learn how to:

- **Hone** your communication skills to target when you're having a business or personal conversation.
- **Clarify** and solidify agreements to prevent recurring "work versus home" conflicts.
- **Shift** your focus from concentrating on weaknesses to recognizing and acknowledging both personal and professional contributions.
- **Redefine** how to "support" your partner in business and family contexts.
- **Develop** new strategies for managing difficult conversations that result from intermixing personal and business stressors.
- **Leverage** the power of apology and forgiveness to reduce resentments generated by the conflicting demands of work and home responsibilities.
- **Understand** and transform beliefs that have limited you, your business and your relationship.
- **Create** new levels of satisfaction so that your relationship wins the lottery!

Your Seminar Leaders:

Nancy Miriam Hawley, LICSW, CGP & Jeffrey R. McIntyre, LMFT, LMHC
Co-Founders, CEO and President, Enlignment, Inc.

Nancy Miriam Hawley and Jeffrey R. McIntyre are the co-founders of EnlignmentSM, Inc. They have been successful life and business partners for 30 years, working in collaboration with their clients to produce lasting results in the areas of relationship, communication, conflict resolution and gender issues. Experts in building teams and coaching leaders, they work with executive management teams and entrepreneurial individuals, couples and families to cultivate strong relationships and clear communications while developing thriving businesses. Ms. Hawley is a founder of the Boston Women's Health Book Collective, Inc., the organization responsible for writing the best seller *The New Our Bodies, Ourselves* (New York: Simon and Schuster, revised 1998; translated into 18 languages; to be updated 2005). Mr. McIntyre is an instructor at the Harvard Medical School, and a training supervisor at the Couples and Family Therapy Training Program of the Cambridge Health Alliance.