

## The Learning and Development Center in Partnership with Strayer University holds Work-Life Balance Workshop January 28

*This Organizational Development initiative was designed to help employees evaluate their current degree of life balance or unbalance*

### **FOR IMMEDIATE RELEASE**



**Houston, TX—February 11, 2016—**The Learning and Development Center's Organization Development (OD) and Auxiliary Service team in partnership with Strayer University hosted a Work-Life Balance Workshop on Thursday, January 28, 2016.

Conducted by Author, Motivational Speaker, Trainer, and Life Coach DeNeen K. Attard, the workshop was designed to teach participants how to attain the ever elusive work-life balance and evaluate their current degree of life balance or unbalance by participating in self-reflection activities and open dialogue.

This unique workshop encouraged participants to assess the power of their words, the thoughts they engage, and the actions they take. Participants were asked to take a 7-day affirmation and thought challenge that outlined the steps to creating a successful mindset.

#### **Goals and objectives of the workshop include:**

- Make the connection between mindset and work-life balance
- Evaluate current degree of life balance or unbalance
- Set boundaries and take action

"For the past two years I've worked 10-12 hours, but I enjoy my job. I love public health and I'm so passionate about the work that I do. I also value having a quiet time to read my bible in the mornings and that's fleeting due to my work schedule. I'm here today at the recommendation of my boss, but I really appreciated this workshop. You have to have balance in your life," said Dr. Teresita Ladrillo, DDS, HHD.

"Employees are eager for classes that can help them invest in their professional development, which is evident by the interest and increased enrollment expressed for more courses such as these," said Erika "EJ" Johnson, OD Specialist, LDC.

The professional development workshops offered by the Learning and Development Center can benefit those employees who are in various stages of their careers, no matter their occupation.

#### **About Strayer Education, Inc.**

Strayer Education, Inc. (NASDAQ: STRA) is an education services holding company that owns Strayer University. Strayer's mission is to make higher education achievable for working adults in today's economy. Strayer University is a proprietary institution of higher learning that offers undergraduate and graduate degree programs in business administration, accounting, information technology, education, health services administration, public administration, and criminal justice to working adult students. The University includes Strayer@Work, which serves corporate clients by delivering the next generation of performance improvement and workforce development. Strayer University also offers an executive MBA online and corporate training program through its Jack Welch Management Institute. The University is committed to providing an education that prepares working adult students for advancement in their careers and professional lives. Founded in 1892, Strayer University is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104. (267-284-5000). The Middle States Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council for Higher Education Accreditation.

#### **About the Learning and Development Center**

The Learning and Development Center (LDC) is a strategic development and employee performance improvement organization that offers comprehensive training solutions that significantly affect performance and institutional outcomes. The LDC's consultancy is comprised of an experienced team of professionals with the knowledge and capabilities to design and implement strategies that help our clients' achieve their goals. The LDC's primary focus is to provide transformational learning programs that enhance the skills, job competencies, and improve performance and overall satisfaction for the City of Houston's workforce.

For more information, please visit the LDC website at <http://www.houstontx.gov/ldc/>

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