

For Immediate Release:
Talk and Book Signing by
Work-Life Balance Expert

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The Secret to Work-Life Balance Revealed

Austin, Texas – A report issued by the National Institute for Occupational Safety and Health states “Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations.” Job stress is costing our companies billions of dollars annually in health care costs, lost work time and decreased productivity. The solution? Work-life balance.

Dr. Kathleen Hall, an expert on work-life balance, will be a keynote speaker at the July 29, 2004, 10th annual Profiles in Power Conference sponsored by the Austin Business Journal. Work-life balance is finding both achievement and enjoyment in all aspects of life: work, family, friends and community, and self. Through her extensive work in both the medical and spiritual models, Dr. Hall has identified that work-life balance is achieved by the choices we make through our everyday activities and responsibilities.

Author, columnist, women’s activist and motivational speaker, Dr. Hall is the founder and CEO of Alter Your Life.com, a company that promotes work-life balance. She is the author of *Alter Your Life: How to Turn Everyday Activities into Spiritually Rewarding Experiences*. Dr. Hall left a successful career with a Wall Street firm to pursue her interest in the relationship between mind, body and spirit. A decade ago, she opened the 250-acre Oak Haven Conference and Learning Center outside Clarkesville, Georgia. There, she uses her extensive training and knowledge to work with numerous individuals and groups to achieve work-life balance. A popular speaker and lecturer on the topics of work-life balance, philanthropy, women’s self-esteem, health & spirituality, and relationships, she has served as a Protestant minister and adjunct college professor of world religions.

The 10th annual Profiles in Power seminar and awards luncheon will be held July 29, 2004 at the Renaissance Austin Hotel, 9721 Arboretum Blvd. from 8:30 am - 2 pm. This event is sponsored by the Austin Business Journal, in partnership with JPMorgan Chase and K-EYE. To register for the event call Alison Strelitz at 512-494-2500 or e-mail astrelitz@bizjournals.com.