

## Life Strategies Feature of the Month: December 2014

### Fit Professional Development into a Busy Life

Fitting professional development into lives that are already full can seem like an impossible task, especially now. With the holiday season upon us, the demands on your time may seem overwhelming. How are you supposed to fit in a workshop, seminar, or course when you can barely find time to do the laundry?

Online learning can be a great solution for many struggling to balance work, life, and learning. By enabling you to learn anywhere at any time, you can fit professional development into the little “moments” in your life avoiding commuting to a college/university or taking time off of work. Although online learning provides more flexible options, be sure you find something that will work for you and put supports in place so that you can be successful.

Read our 10 Tips to Fit Professional Development Into a Busy Life to help you get started: <http://lifestrategies.ca/docs/10-Tips-to-Fit-Professional-Development-Into-a-Busy-Life.pdf>.

If you're a career development practitioner yourself, you may find our LearnOnline programs and courses a great solution. Our course schedule can be found here: <http://lifestrategies.ca/docs/Course-Schedule.pdf>.

Our full 2015 course schedule is now available at <http://lifestrategies.ca/docs/Course-Schedule.pdf>.

