




Please join The Legacy Project for a workshop with Joana Ardelean on *How to Achieve the Ultimate Work-Life Balance Without Sacrificing your Career*.

In today's world where remote work is a new norm and professionals work at all hours, work-life balance has taken on a totally new meaning. This workshop will explore a new way of operating by providing a framework that allows for balancing all sides of your personal life, along with managing a growing career.

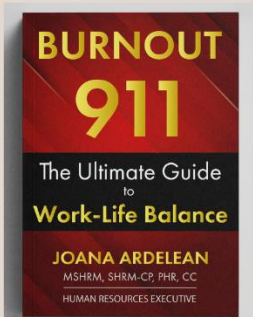
**LEGACY PROJECT PRESENTS  
BROWN BAG LUNCH**

*How to Achieve the Ultimate Work-Life  
Balance Without Sacrificing your Career*




**JOANA ARDELEAN**

**Feb, 9th  
11:30am-1pm  
GovHR- Conference Room  
Northbrook, IL**



**BURNOUT  
911**  
The Ultimate Guide  
to  
**Work-Life Balance**  
**JOANA ARDELEAN**  
MSHRM, SHRM-CP, PHR, CC  
HUMAN RESOURCES EXECUTIVE

**REGISTER AT  
LEGACYPROJECTNOW.ORG**



**Registration Link:**

<https://www.eventbrite.com/e/legacy-project-brown-bag-lunch-burnout-911-tickets-245892811017>

**Joana Ardelean** is a human resources executive, coach, speaker and writer, and a proud Romanian with rich traditions filled with faith. She strives for mastery in her field, is an award winner, is triple certified and has a graduate degree in Human Resource Management.

Joana spent almost two decades at industry giants such as PricewaterhouseCoopers, KPMG, RR Donnelley, and different local government agencies. But her passion shines through when she is helping high performing women struggling with burnout and overwhelm at work and at home. Ardelean loves to show ambitious professionals the incredible life of flow, calm and ease that's possible on the other side of their struggle and help them get there. Her coveted framework is now published in her book: *"Burnout 911: The Ultimate Guide to Work-Life Balance."*

**Watch for information coming soon on these upcoming Legacy Project events:**

March 9th - Virtual Lunch - Resume Update with Heidi Voorhees

April 13 - Brown Bag Lunch (Bartlett, IL) - International Opportunities with Robin Weaver

May 13th - Annual Women's Conference - Naperville, IL