

**PRESENTS: Take Control of Your Work+Life "Fit" in Today's Flexible Workplace (Because There is No "Balance")****William Arruda interviews Cali Williams Yost**

Thursday, February 23, 2017 at 12:00 noon Eastern-US-NYC

**Our Guest****Cali Williams Yost**

As the CEO and founder of **Flex+Strategy Group**/Work+Life Fit, **Cali Williams Yost** has helped hundreds of businesses and thousands of individuals partner to create award-winning flexible workplaces over almost two decades. Clients have included Ernst & Young, Novo Nordisk, Quest Diagnostics, the United Nations and Stanford University.

An honors graduate of Columbia Business School, Yost offers her pioneering work+life "fit" advice to individuals in the recently released, *Tweak It: Make What Matters to You Happen Every Day*, (Center Street/Hachette, 2013), and in the critically-acclaimed, *Work+Life: Finding the Fit That's Right for You* (Riverhead/Penguin Group, 2004). She has appeared on the TODAY Show, CNBC, BetterTV, NPR, and in The New York Times, USAToday, and the Wall Street Journal.

In addition to being named one of Mashable's Top 14 Career Experts on Twitter, one of Columbia Business School's Alumni Changing the World, and one of the 40 Women Over 40 to Watch, her websites have been awarded "Best of the Web" distinctions by Forbes.com and WorkingMother.com. Yost lives in New Jersey with her two daughters and husband.

**Your Host****William Arruda****THANK YOU TO OUR INTERVIEW SERIES SPONSOR – ICF**

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## Agenda / Topics

1. Why work+life fit, not balance?
2. Who are the work+life fit "naturals"?
3. How did you identify the work+life fit "naturals"?
4. What are the top THREE secrets for work+life fit success?
5. Why is it so important for us to learn to take control of our work+life fit?
6. Why do we still think of work+life fit as a "women's issue"?
7. Why are more organizations taking issues related to work and life more seriously?
8. Looking 10 years into the future, what does the workplace and our work+life fit reality look like?

## LINKS

[www.flexstrategygroup.com](http://www.flexstrategygroup.com) — learn more about what we do and how we can help you and your employees take control of their work+life fit in a flexible work culture.

<https://www.amazon.com/Tweak-Make-Matters-Happen-Every/dp/089296880X> — Buy Tweak It and start to take control of your work+life fit every day

<https://confirmsubscription.com/h/i/64D2BB9184FA63AC> — sign up to receive our periodic newsletter

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## NOTES



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