



Straight-Up with Chris: Real Talk on Business and Parenthood Archives Available
May 22nd 2014: Tweak It: Fitting Work and Life Together

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The job vs. life conflict we all face seems overwhelming and never ending. It doesn't have to be that way. My guest, Cali Williams, author of Tweak It: Make What Matters to You Happen Every Day and founder and CEO of the Flex Strategy Group / Work Life Fit Inc has the techniques and tips to conquer the age old dilemma of work/life balance. Cali has proven that a comfortable work+life fit can be achieved through making small, consistent, everyday changes through tweaks--that, cumulatively, will optimize job performance and well-being. She will share case studies of people who've tweaked their w

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Featured Guest



Cali Williams Yost

Cali Williams Yost is founder and CEO of the Flex Strategy Group / Work Life Fit Inc. Cali believes when business and people partner, they create award- winning flexible workplaces that achieve high performance and work+life well being.

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