

## WORK LIFE BALANCE

**Work life balance can be defined as “a person’s ability to balance the demands of working in an organisation with the demands of a personal life and having satisfaction with both”**

### **Course content :-**

- Being aware of different demands on your time and energy
- Having the ability to make choices in the allocation of time and energy
- Knowing what values you wish to apply to choices
- Choosing “Me Time”

### **Who should attend :-**

- Managers
- Those struggling at work/home under pressure
- Those responsible for the well being of others

### **Length of course :-**

- 1 day
- 16 candidates

### **Venue :-**

- Your premises