

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
- 12 candidates

Venue :-

- Your premises