

To acquire balance means to achieve that happy medium between the minimum and the maximum that represents your optimum – Nido Qubein

Work-life balance is generally known as a broad concept including proper prioritizing between "work" (career and ambition) on the one hand and "life" (Health, pleasure, leisure, family and spiritual development) on the other.

Many individuals experience burnout due to overwork and increased stress. As demands from work increase, time spent at home is often sacrificed in order to satisfy job requirements. Achieving work-life balance has been increasingly recognized as crucial to prevent detrimental effects of stress on one's health and to reduce the risk of burnout.

This module takes participants through a process to re-evaluate their lives and develop strategies that enable them to focus on what matters most at work and at home.

PROGRAM TOPICS

- **What is & what is not Work-Life Balance?**
- **Balance body, mind, and lifestyle**
- **Live a balanced day**
- **Balancing achievement and enjoyment!**
- **Give equal importance to relationships and career**
- **Maximize quality time in relationships**
- **Time for self & the importance of health**
- **The choice challenge – between work and at home**
- **Recognizing behavior habits that sabotage balance**
- **Strategies to achieve work-life balance**



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