

Power Session: Work-Life Balance

Aim

This session will assist the learners to recognise what work-life balance is and why it is important. Also to recognise their personal warning signs for when the balance is thrown out and how to address the various areas that will need attention. The workshop is holistic and includes a realistic take on both employer and employee's needs.

About this Course...



Assists the learners to recognise what work-life balance is and why it is important.

Who Should Attend this Course?

This course will benefit all staff.

Outcome

At the end of this session delegates will have the ability to analyse their motivations, behaviours and choices against the criteria for work-life balance and pinpoint the more challenging areas. They will have the knowledge to implement change and set clear parameters for themselves and others.

Duration: 2,5 - **3** Hours

Content

Definition of Work Life Balance

- Understanding what it is and what it is not, from both employee and employer perspective
- Explaining and identifying the signs of imbalance
- Post Covid Challenges
- The (not so obvious) benefits

Employer Solutions

- What are the steps an employer can take to ensure that the workplace offers all the support that it can?
- What will be required from the employer/employee relationship for balance to exist?
- Identifying obstacles

Bringing the Focus to Work

- Setting goals
 - Organizing your time and space
 - Saying no
 - Remaining focused
 - Be present
 - Set boundaries
 - Be assertive
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