



Power Session: Work-Life Balance

Course Outline



Your business outcomes are our priority. Proving impact in real time.

Aim

This session will assist the learners to recognise what work-life balance is and why it is important. It will also assist learners 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...

Assist 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 on how to implement change and set clear parameters for themselves and others.

Duration: 2.5 – 3 Hours

Content

Topic	What You Will Learn
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

Optional Purchases

When ROI and Implementation Matter

At Staff Training, we understand that each individual and/or organisation has unique needs and goals. We have developed a range of valuable, but optional purchases to maximise your training outcomes:

SETA Accredited Training Options

Most of our workshops are aligned with SETA Accredited unit standards, or you can opt for the fully accredited version of your workshop choice. This includes a certificate of competence when successfully completed. All other certificates are certificates of attendance.

The Afterburner

Afterburners are additions to selected workshops. These continued learning courses include a re-cap of material covered during the workshop and continue to expand on both knowledge and skills development for the workplace.

Skills Check

Skills Checks are extremely useful in the measurement of ROI of soft skills training. This tool is structured to help the learner improve on the implementation of new skills through a goal-driven process of accountability and reflection.

LevelUp Coaching

A 2-hour, one-on-one coaching option for those who would like to address and build on the knowledge they gained during training. Converting theory into practice under the tutelage of an experienced coach.

PowerPath Coaching

A powerful investment into your future leaders. One-on-one leadership coaching with the globally acclaimed Enneagram as the self-mastery tool.

Staff Training is an accredited IEQ9 Provider. Our Enneagram offerings include a SETA Accredited version of a leadership development workshop as well as an emotional intelligence and Enneagram combination. You can also explore our specialist hybrid offerings of workshops and coaching below.

<u>Enneagram Group Coaching Journey</u>	<u>Enneagram: Insight to Action</u>
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