



Workshop on Work-Life Balance

Participants will benefit by learning to

- Value and balance daily life
- Understand which work life balance style works for individual lifestyle
- Increase productivity
- Improve quality of relationships
- Reduce stress

Target audience

- People and Process Managers
- Business Professionals
- Anybody wanting to achieve balance in their life

Workshop outline

- What work-life balance means, what it does not
- Achievement and Enjoyment - basis for life-time goals
- Accepting responsibility
- Staying in focus despite interruptions
- Improved productivity through quick and effective planning and organization
- Techniques for timely completion of task
- The tool to maximize quality time in your relationships: At Work, With Family, Friends, Yourself
- Ways to build lasting rapport and respect
- Connecting daily activities to work-life goals
- The emotion-decision link
- Strategies that improve team communication
- Mastering the choice challenge
- Effectively adjusting your work-life balance over time

Workshop style

- Instructor led Workshop

Workshop details

- Duration: 32 hours spread over 4 days
- Typical Batch size: upto 10-15 participants
- Financial Details: INR xxxx

Sample Facilitator Profile – RAI19SSCM

- Professional Experience: 19 years
- Domain Knowledge
 - Corporate Survival Skills
 - People Management
- Also facilitates learning such as
 - Assertive Communication
 - Influence skills
 - Negotiation skills
 - Critical thinking