

Improving Work Life Balance

All courses can be
virtual or face to face

Sample Content Includes:

- **What is Work Life Balance (including what it doesn't mean)**
- **Reasons Why We Have Imbalance in our Lives**
- **8 Steps You Can Personally Take to Improve Your Work Life Balance**
- **HR / Organisation Solutions Which Can Aid Improved Work Life Balance**
- **Benefits for Organisation and Individuals**
- **Self Profile – What Drives Me**

Contact us for a full course outline.

