
Work life balance

Work Life Balance Training Course

How our mars bar approach works - 08453 700155

More and more people have to juggle responsibilities at home and in the workplace. When employees are asked about work, the two concerns that emerge most frequently from the CIPD surveys on working hours are 1. long hours and 2. work intensity, making work life balance a key concern for employers of choice.

A little work, rest and play never hurt anyone. Time management to help you fit in everything you want to achieve, stress busting techniques to keep you chilled, and great tips to help you deal with the difficult people and situations around you, make this a king sized course. Delivered in an interactive and fun way, which makes learning a pleasure.

Work life balance course objectives:

- * To determine a strategy that best suits your lifestyle and the goals you wish to achieve at work, for the optimum work life balance
- * To manage your energy more efficiently
- * To be confident in difficult situations
- * Stress busting ways to chill and unwind for every type of lifestyle.

Call us on 08453 700 155 to find out what you will learn on our work life balance ‘Mars bar’ course, who it is suitable for, and for outline costs.