

Online Training Program on Work Life Balance

Date: 10th September 2020, Time: 9.30am to 2.30pm

Course Features

Understand & implement - Work Life Balance!!

This course will take participants through what is Work Life Balance, Why it is necessary to maintain Work Life Balance, what are the pro's and consequences of not maintaining Work Life Balance & how do you improve your work life balance.

Course Objectives

- ♣ Understand why work life balance is important.
- ♣ Prioritize your health
- ♣ Set boundaries and work smartly
- ♣ How do you constantly improve your work life balance?

Who should attend?

This course is open for all age group, home makers, professionals, students.

Course Contents

- ♣ Unplug
- ♣ Importance of working on Self
- ♣ Limit time wasting activities & people
- ♣ Change structure of your life
- ♣ Start Small & Start Smart



“You can't have everything you want, but you can have the things that really matter to you”

Issue of Certificate

Certificate of successful attendance shall be issued to all the delegates who attend entire duration of the course.

Duration : 5 Hours including break of 1 hour

Registration Fee : Rs.2000 + 18 % GST

To know about all our Online Training Programs scan adjacent QR Code

To Register and Pay : [Click Here](#)

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