

## Online Training Program on Work Life Balance (Weekend Batch)

Date: 17th April'2021, Time: 10:00 AM to 1:00 PM

### 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.



**Duration** : 3 Hours (180 Minutes)

**Registration Fee** : Rs.500 + 18 % GST

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

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

**Registered & Head Office-**

801, Raheja Plaza I, LBS Marg, Ghatkopar (W), Mumbai 400 086

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Website: [www.tuv-nord.com/in](http://www.tuv-nord.com/in)

Toll Free: 1800-209-0902

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### 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.



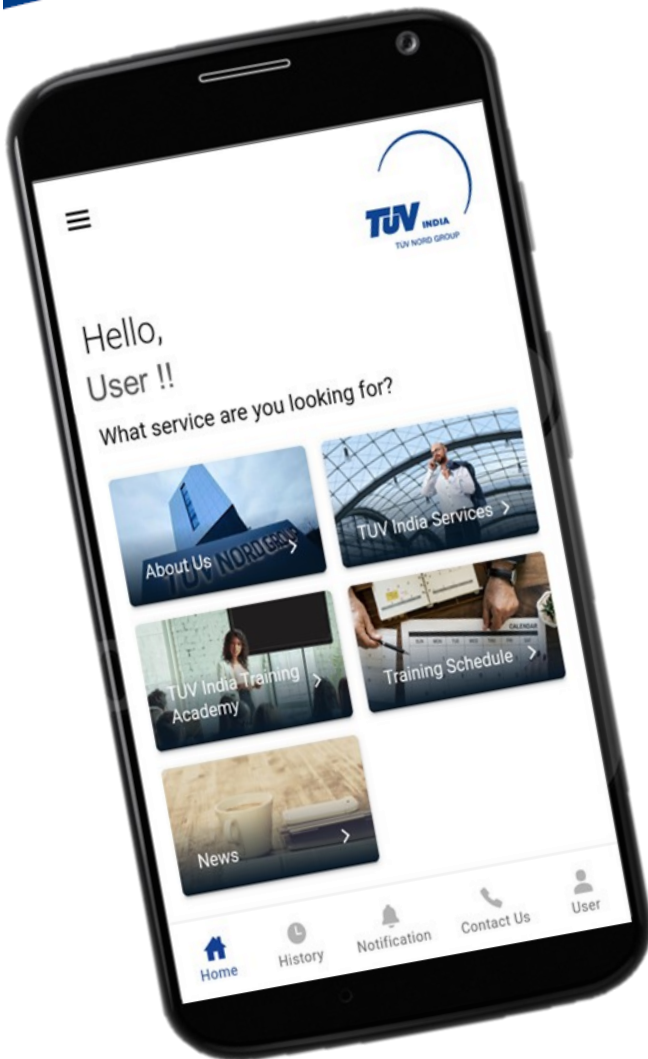
**TÜV NORD GROUP**

Expertise for your Success

All our Online Training Offerings are for the resident of India & Sri Lanka Only.

# TUV India's Customer Friendly Mobile App

## TUV INDIA TRAINING ACADEMY (TITA)



**Our user friendly mobile application is developed to provide constant connect with our customers and participants along with hands-on information about the latest offerings of TUV India Training Academy. The app is also apprising the users on diverse service portfolio of TUV India along with latest developments related to our company.**

Some of the highlights of our app are:

- **Available on Android- Google Play Store & iOS Apple Store**
- **Provides overview about TUV India (TUV NORD GROUP), our services and latest developments**
- **Details about TUV India Training Academy offerings**
- **Training Schedules – both Class Room and Online Trainings**
- \* For each training, the app provides Course Features, Who should attend, Course Contents, Pre-requisites etc
- \* Link for Registering for the course of choice with integrated payment gateway
- \* Payment History (Receipts, Invoices)
- \* Certificates for attended programs based on user eligibility
- \* Notifications related to new offerings and sessions
- \* Contact us with linked email or phone (toll free number)
- \* Individual User Profile



To Download : Scan adjacent QR Codes or click on  
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For Any Queries :  
Write to : [trainingindia@tuv-nord.com](mailto:trainingindia@tuv-nord.com)  
Call : 1800-209-0902



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