

This refreshing workshop gives you the opportunity to reflect on your personal and professional goals, and to do some strategic planning for your most important resource – your life!

You will take part in a series of reflective exercises and share your experiences with other course participants. Through input, discussion and interactive activities, you will discover how to set up a realistic and practical action plan to help you strike a balance between work and leisure.

BENEFITS

After this one-day workshop you will be able to:

- have a clear idea of the current balance in your life
- concentrate on the things that are most important to you
- balance your priorities and goals in life

LEARNING OBJECTIVES

You can expect to:

- examine your current work-life balance
- consider your passions, values and goals and how you can bring them into your everyday life
- reflect on obstacles to achieving balance, and discover ways of overcoming them

COURSE OUTLINE

Overview

- Defining work-life balance
- Examining work-life balance in Malaysia
- Evaluating your current life

Goal Setting and Prioritising

- Identifying your passions and values
- Drafting your work and life goals

Obstacles

- Identifying obstacles: ourselves and our jobs
- Cutting out the waste
- Influencing others
- Preventing stress

Who The Course Is For

This course is for anyone looking for work/life balance to decrease their stress and perform better at work.

To run this workshop at your premises: Rs 125,000 (up to 20 participants)*

*This price does not include the cost of transporting the trainer to and from your premises