

## Tips for Work Life Balance and Wellbeing

Being productive can help boost work life balance and wellbeing as it can reduce stress and anxiety. Balance is particularly important as people continue to work at home within the hybrid model.

In this seminar we present ideas, tips and strategies to help people take control and feel happier and more engaged as they get more done each day.

### Topics

The following topics are covered:

1. How taking control of your work life helps provide balance after hours
2. Tips to help switch off and refresh at the end of each day
3. How to reduce stress and anxiety by being productive

### Duration and Format

This talk can be delivered in-person or remotely using your preferred collaboration tool. The session generally lasts 60 minutes.

The interactive format includes:

- Introductions and requirements
- Presentation of Work Life Balance tips via SlideShare
- Q and A at the end to answer specific questions

Participants will receive access to the Work Life Balance Tips Card template demonstrated during the session.



### Presenter

This talk will be delivered by Productivity Consultant Moira Dunne.

### Fee

Online delivery - €350

In-person delivery - €400

Any repeat booking by a client will be subject to a 10% fee discount.