

Tips for Work Life Balance and Wellbeing

Being productive can help boost work life balance and wellbeing as it reduces workload and stress. Balance is particularly important in today's ever changing work environments as many people juggle busy workloads.

At beproductive.ie our mission is to help people work smart with less stress and more

In this talk we provide simple, practical tips on how to boost your productivity to help your overall work life balance.

Topics

The following topics are covered:

1. How to take control of your work life
2. How to switch off after hours
3. How to get the important things done with less stress, in and out of work

Duration and Format

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

The interactive format includes:

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

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

We also offer a 1-day course on Wellbeing and Work life Balance. Click [here](#) for details.



Presenter

This talk is delivered by Productivity & Wellbeing Consultant Moira Dunne, the co-founder of beproductive.ie

You can read about her 30-year corporate career here:

<https://beproductive.ie/about/>



Fee

Online delivery - €350, option to record - €50

In-person delivery - €400

No VAT applicable

Employee Wellbeing Programme

We provide a full organisational Wellbeing Programme that contains a series of Motivational Talks (3 or 6 Talks – 60 minutes each).

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This provides an opportunity to engage employees, help them boost their wellbeing while allowing leaders and managers identify how they can enable productivity and wellbeing within their teams.

You can read more about this programme [here](#).