

Quality Work Life

Program Outline



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Overview

Today's worklife is so imbalanced that the personal value of an individual is lost in the hussel bussel of the corporate world. This workshop would highlight the importance of personal life amidst these hussel bussels and the factors which could influence the professional life and help an individual have a balanced work life

Objective

- to enhance working professionals with the personal value system
- to identify factors of balanced work life
- to study the intense of work stress in today's work life
- to understand the importance and quality of work life
- to handle personal and professional time effectively

Workshop Outline

Factors of imbalance

- Work
- Family elements
- Interpersonal relationship
- Delegation style
- Communication pattern
- Perfectionism

Time management

- Identification of time stealers
- Art of prioritization
- Work out on procrastination

Assertive communication

- Learn to say "NO"

Role sharing

- Creating a supportive family
- Handling ego

Stress management

- Daily Yoga
- Fitness tips