



# Work Life Balance

## Program Description

Work-Life Balance is for people and organizations that are searching for solutions that help with the stress of balancing the challenges of work and personal life.

Organizations have a right to expect productivity, performance, creativity, teamwork and ultimately profitability from their workforce. In return, employees have the right to optimize their life dimensions centered on self, relationships and work. This program requires pre-work assessments to determine the areas of work and life that are in or out of balance.

## Objectives

Participants will learn:

- What is important in work-life balance
- How to prioritize the dimensions that need work
- How to develop a plan to focus work and personal life in balance

Participants will acquire:

- An action plan and Life Coach to help keep your life in balance
- A personal assessment of work-life balance in ten dimensions



### AUDIENCE

Sales Professionals  
Managers  
Customer Service Professionals

### DELIVERY OPTIONS

1 day, classroom

# Work Life Balance



*"32% of employees surveyed say that work-life balance is their #1 concern."*

-Office Team Specialized Administrative Staffing Survey

*"50% feel overwhelmed by work."*

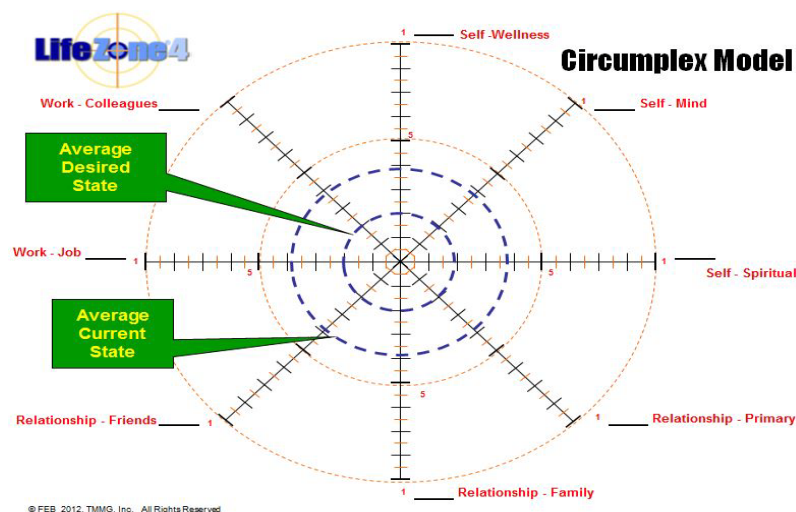
-Families & Work Institute

## Program Benefits

The outcome of *Work-Life Balance* is personal enrichment and self-actualization of the employee, leading to a positive impact on corporate human capital. The end result is an organization that is more productive, innovative, entrepreneurial and has more profitable employees.

## Measurement/Evaluation

At NuVue Business Solutions, we believe in *Learning That Never Stops™* and it is with this approach that we will partner with your organization to help you measure initial behavioral changes and business results. Our goal is to help you turn training into action and action into results. Our Extended Learning System will help you ensure skills are transferred back on the job and you get the desired performance change.



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