

MANAGING WORK LIFE & HEALTH FOR EFFECTIVENESS

Overview:

The biggest challenge for today's executives is to lead a balanced life. Both personal and professional aspects make exacting demands on them, causing losses in health, equanimity and relationships. This workshop helps participants refocus and balance their lives according to their most important priorities- both personal and professional.

OBJECTIVES	DAY	LEARNING THEME
<ul style="list-style-type: none"> ❖ Awareness of own level of work-life balance ❖ Emotions and health ❖ Priorities and time management ❖ Diet and yoga to counter and prevent diseases ❖ Setting of personal goals <p>Who Should attend: Senior and middle level executives</p> <p>Duration: 3 days</p>	I	<p><u>Introduction to Work Life Balance:</u> The different aspects of life, their fine interdependence and balance Understanding of self in terms of Work Life Balance</p> <p><u>Time Management:</u> Appreciation of most important priorities for self Difference between urgent and important Ways to focus on important things</p> <p><u>Effective Delegation</u> Understanding own level of delegation Liberating self and others through true delegation</p>
	II	<p><u>Emotional Intelligence:</u> The significance of EI for leaders The relationship of EI with health Assertiveness</p> <p><u>Stress Management</u> The relationship of stress with performance How to balance in order to get optimum result</p>
	III	<p><u>Diet and Yoga for Health</u> Indian diet and yoga practices to counter and prevent major illnesses</p> <p><u>Goal setting for self for better WLB</u></p>