Skills for Balance in and between Work and Personal Life (WLB)

Background (Please note this course does not entail any psychotherapy or medical advice. Participants need to establish and look after their personal health and wellness by consulting the relevant professional service providers.)

Bio-psycho-social and related conceptual theories underpin the diagnosis and treatment that specialists provide in their relevant professions. Individuals can benefit from a coherent frame of reference and broad working knowledge in preparing for and living their lives optimally, and knowing when, where or how to look for help if it becomes relevant. This course provides information that will help participants to:

- understand the importance of balance between the various main dimensions of human functioning;
- understand the importance of balance between their work and personal life domains;
- obtain integrated basic knowledge about the various life dimensions that sustain a life of personal well-being;
- identify behaviours and thinking that will sustain a balanced personal life
- identify behaviours and thinking that will sustain the balance between personal and work/career life; and
- consider when to consult professional service providers specialising in addressing such imbalances, and how to go about trying to identify them.

COURSE BENEFIT

Participants will:
- be able to decide which life dimensions they want to prioritise and balance in their personal lives;
- be able to determine where they want to place the balance between their work/career and personal lives;
- learn more about how to balance the various dimensions of personal life;
- learn more about how to balance their personal lives with the demands and dimensions of work life;
- learn more about the points at which personal-life and work-life imbalances become detrimental to personal well-being and require intervention; and
- get a few pointers towards when, where or how to identify and engage in external intervention.

COURSE CONTENT

- The need and value of balance in life
- The various dimensions that have to be balanced with each other:
  - Physical condition, activity levels, exercise, and training
  - Emotional, psychologic and spiritual well-being
  - Interpersonal or social interaction, relationships and well-being
- Allocating time, money, resources and effort across the dimensions
- Unpacking myths and stereotypes, perceptions, norms, fact and fiction, techniques and strategies, and the details of content for the dimensions (lifestyle, diet, exercise, sleep, desk posture, stress, health, social media, etc.).

Assessment

Brief sets of quiz-like items on sub-sections and dimensions after their completion.

WHO SHOULD ATTEND?

Anyone in early adulthood at the point of embarking on their personal, work and family lives, i.e., leaving home for the first time, first employment, commencing with studies, or taking up the pursuit of a first career.

Anyone at any point during their personal lives, before changing career, or entering into a new relationship.

Anyone in the middle of a career, relationship or life-stage wanting to make an assessment of whether or not the level of balance reached is optimal.

Anyone in the course of a career, relationship or life stage experiencing high levels of imbalance and dissatisfaction, and wanting to investigate what to address and where/how.

A 10% group discount will apply to organisations placing a simultaneous booking for 2 or more registrants.

Please click here for general course information

Delegates are also requested to review the content and the levels of the courses presented before booking, to ensure they are attending the right course.