



Work Life for Parents & Carers

Length: 1hr .

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: The recent rise in remote working brings a new set of challenges, as parents and carers try to juggle family commitments whilst working from home. Trying to balance work and family commitments can be a constant struggle for parents and carers. In addition to flexible working policies, parents and carers can utilize certain practices to ensure a healthy work life balance.

This presentation shares frameworks to enhance life quality, and survival tips for maintaining a healthy work life balance.

Content include:

- Time Management – Creating 'Me Time' & 'Family Time' schedules
- Setting Clear Boundaries – Physically and Mentally
- Managing Homeschooling & Work Schedules
- Digital Detox
- Relaxation Techniques & Sleep Health

Connect with WORKBLIS to discuss requirements - hi@workblis.com