

INNER HARMONY

Striking An Effective Work / Life Balance

Program Objective

Help participants identify the various roles one plays in life, weigh each one for its merits and create a balanced and redefined approach to each one of them promoting a stress free, enjoyable, productive life.

Program Content Outline

This intervention comprises a half-day of pre-workshop consulting onsite, 1 workshop day and 1 optional day of post program coaching. The broad construct of the content is delineated below. This would be refined and firmed up in consultation with the client based on specific needs, priorities and objectives:

Construct:

Participants will be taken through a series of personal reflections, small group discussions / activities and experiential learning. Group interactions, facilitator led group interactions, role-plays one to one interactions and games provide a healthy learning environment that promotes “Deep Learning”

Workshop Deliverables

- Identify and establish the various roles one plays in one’s work and life and prioritize them on their importance
- Get a clear understanding on the balance or imbalance in focus to these roles and how they result in stress and diffused outputs
- Take stock on the current areas for focus at work and life and create redefined approaches for personal effectiveness
- Practical and easy steps to create that balance in approach
- Develop a personal action plan to live out the change areas to create balance