



1 Day/ Month Certificate Course

WORK..LIFE..BALANCE..



"Human Resource Development for ... Effective Work Life Balance"

ENROLLMENT STARTS MARCH 2016

- 🎯 Strategies to Manage Stress, Time and Personal & Professional Balance
- 🎯 Accepting Responsibility for your own Work and Life Results
- 🎯 Staying in Focus Despite Interruptions
- 🎯 Connecting Daily Activities to Work-Life Goals
- 🎯 The Emotion-Decision Link
- 🎯 Better Decision Making, Prioritizing & Project Execution
- 🎯 Emphasis Settings - Shifting Balance Between Your Life Quadrants



BENEFITS

INDIVIDUAL

- ✓ Know your stress level & action plan
- ✓ Know your personality helping in balancing day to day events
- ✓ Increase in Self confidence
- ✓ Improved relationships both on & off the job
- ✓ Better understanding of individual work-life balance

ORGANIZATIONS

- ✓ Improved morale
- ✓ Increases in individual engagement, productivity & commitment
- ✓ Better teamwork & communication
- ✓ Less organizational stress

Mode 1 : ONLINE COURSE

4 SATURDAYS **2 HOUR POWER TRAINING**

Mode II : FACE TO FACE

One Day **1** **8** **hours**

IMPORTANT INFORMATION

- **Methodology** : Interactive Audio Visual Learning
- **Online Tutoring** : Continuous & Comprehensive Faculty Support
- **Enrollment** : Managers, Human Resource Personnel, Principals, HMs & other Professionals
- **Training Includes** : Enrollment Badge/I-Card, Academic Handout & Material, Certificate of Training

Facilitated by

EXPRESSIONS INDIA - The National Life Skills, Values Education & Community Wellness Program, New Delhi

For further information: 011-64594939/647100117/ 08860159747/09999564366/ 09999490895

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