

Work-life Balance Hacked! Healthy Boundaries & Habits

Key Takeaways

1

3 Common Pitfalls of Work-Life Balance



Long Working Hours



Blurred Boundaries Between Work & Life



Inner Pressure & Self-Criticism

2

Tips to Develop Healthy Work-Life Balance for WFH & WFO

External Hacks

i

Set boundaries
Open communication with your team, manager, and family

ii

“Clock out”
Replicate “rituals” at home

iii

Self-Care
“Me time” to re-align with your needs

Internal Growth

i

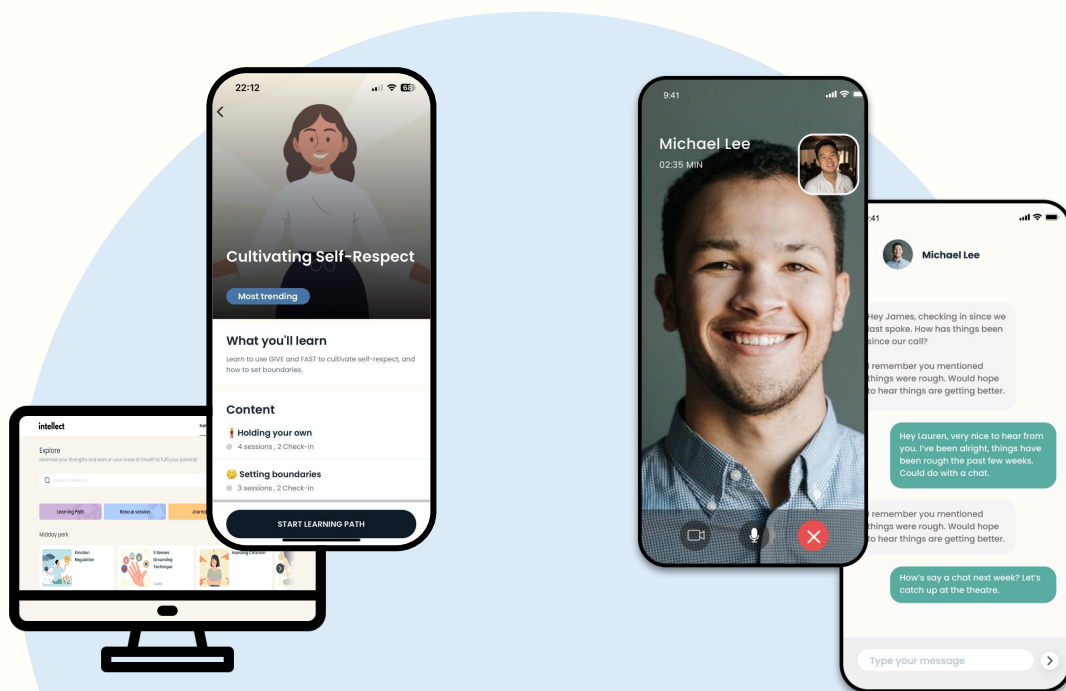
Focus on your strengths
Build a Strengths Awareness Roadmap

ii

Growth Mindset
Counter “fixed mindset” thoughts with constructive ones

From Insight to Action: Put Your Skills to Work Today!

Gain confidence in achieving work-life balance through immersive self-guided learning modules complemented by personalised 1:1 coaching support



Cultivating Self-Respect Learning Path

Structured learning path designed to empower you in establishing healthy boundaries

1:1 Coaching

Discuss with your coach on more personalised strategies for building resilience in all aspects of your life

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

