

Work-life Balance Hacked! Healthy Boundaries & Habits

With a hybrid arrangement of working from home and office, having a proper work-life balance is important for employees physical health, mental wellbeing, and development.

Feel like you haven't quite found that balance? Not sure how to set boundaries, or develop a healthy WFH routine?

This session will help you learn how to set boundaries, find the right balance between home and work, and develop healthy habits to be included in your daily routine to prevent an imbalance.

Learning Objectives

- Understanding the 3 common pitfalls of work-life balance
- The “never enough” guilt cycle
- Application: WFH & WFO tips to develop healthy habits

Content Outline

3 Common Pitfalls of Work-Life Balance

- Identifying common challenges between WFM and WFO
- The 3 Common Pitfalls of Work-Life Balance:
 - 1. Long working hours
 - 2. Blurred boundaries between work & life
 - 3. Inner pressure & Self-Criticism

The “Never Enough” Guilt Cycle

- How the combination of the 3 pitfalls result in the development of the “Never Enough” Guilt Cycle
- Uncovering the 2 main feelings of “Never Enough” Gult:
 - Relentless pursuit of fulfilment
 - Self-Comparison of Productivity
- 3 main causes of the “Never Enough” Guilt Cycle:
 - Self-Worth and Achievement
 - Unrealistic Goal Setting
 - The Illusion of Others’ Productivity

Tips to Develop Health Work-Life Balance for Work From Home (WFH) & Work from Office (WFO)

- Introducing practical tips to apply to achieve work-life balance from WFH and WFO settings
 - Application 1: External Hacks
 - Build a “Clock Out” Ritual, Setting Boundaries, Self-care: Meaningful “me time”
 - Application 2: Internal Growth
 - Build a Strengths Awareness Roadmap, Building a growth mindset