CONFLICT & STRESS MANAGEMENT

Class Format:
On-site & Virtual

BALANCING LIFE WHEN WORKING FROM HOME

IN THIS COURSE, YOU WILL:

- Revisit goals with emphasis on how to balance goals to achieve success.
- Learn how to build stronger relationships in the workplace and elsewhere to maintain a network of support.
- Develop an understanding of personal values and priorities.
- Learn how to differentiate between “choice” and “trade-offs.”
- Recognize key allies and associations and the importance of maintaining authenticity through organizational change.
- Utilize an action plan to aid in maintaining work/life balance.

Elevate BDG’s Balancing Life While Working from Home seminar is designed for every member of your organization and will help you find a healthy work/life balance that will lead to a more productive work day when being bombarded with the stress of managing your home-life and work-life all at once. By balancing the two, you will find yourself more productive when working and more attentive to life’s other responsibilities when dealing with things around your house. For a limited time only, this course will be paired with a complimentary Work from Home assessment that will give you insight into your ideal work environment and help you to communicate in a manner that is received well by others. You will become healthier, mentally and physically, and gain the ability to increase productivity.

ELEVATE

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CALL TODAY!

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