

Course Title	Managing Work/Life Boundaries
Overview	Modern working practices have changed beyond recognition in recent years, particularly for those now subjected to/enjoying, flexible working practices. The intrusion of our work into our personal lives has gone beyond a creep, and into a stampede for many. The pressure, whether culturally experienced, or self-imposed, to be available, is overwhelming for many. Knowing what boundaries are expected, healthy, and necessary has become a tight rope that can feel impossible to navigate and unbearable if not appropriately achieved. This course encourages participants to take control where they can, to gain a balance that allows them to give life inside and outside work, the time and attention it deserves.
Audience	Suitable for all
Capacity	Approximately 12 - 16
Duration	Half-day session
Mode of delivery	Face to face
Learning Outcomes	Delegates will be able to: <ul style="list-style-type: none"> • Identify their current behaviours surrounding work/life balance and where their thoughts and feelings relating to these behaviours are arising from • Appraise the level of control they have over their work/life balance and what that means for the choices available to them • Consider a range of strategies that can be employed to achieve equilibrium in work/life commitments • Create an initial plan to transfer the learning from the course, into actions that will support a more satisfying and purposeful approach going forward
Additional Information	Course content and focus can be tailored to individual needs and duration preferred.
Category	Wellbeing