

Workplace Wellbeing

Life Balance

Achieving life balance will enable you to pursue both professional and personal interests, but achieving this balance can be quite a challenge. On completion of this module, you'll be able to recognise the signs of an unhealthy life balance, discover the secrets of finding and then sustaining a positive work-life balance and finally how to encourage others to achieve it.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:07)

English Subtitles

13 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Set aside time every day in which you'll eat, sleep and exercise.
2. Take time to unplug yourself from modern technology and the demands it makes on your time .
3. Work smart, not long.

