



## Syllabus of Module

# 7. Work Life Balance

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### Module Annotation

If we feel any dissatisfaction and desire for change, we must first reflect on what it stems from. At the same time, be clear about what we expect from the change.

Work life balance is a topic that concerns all of us. Or rather, it is a question for everyone who is not indifferent to how they live their life and its quality.

If you are one of those who want to live life to the fullest and not just survive from day to day, the following pages are for you. They will present the issues in a broader perspective so that we can follow up with specific self-reflective techniques and solutions to your issues in the seminar

### Module Objective

The objective of the module is to look at our life in terms of our needs, the fulfillment and harmony of which is reflected in our satisfaction with our own being.

Work life balance is conceived as an integral part of it with a direct impact on the quality of life we attribute to it.

Relating to stress is a logical outcome of the fact that the environment we live in is accompanied by a number of stimuli that trigger a stress response in us.

Targeted and effective techniques as well as strategies for coping with stress in situations where the course of stress is not to our liking.

## Literature

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