

Work-Life Balance

**B**ecome 'Employer of Choice'

**A**lign life and work goals

**L**ower absenteeism

**A**ccountability

**N**eed for flexibility met

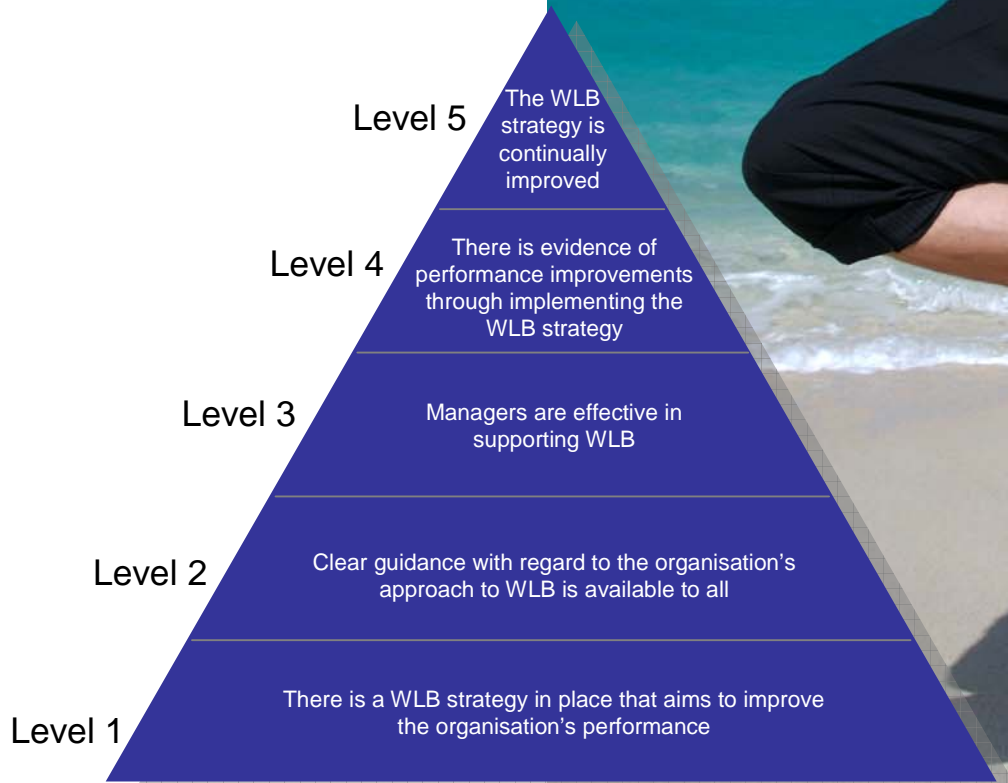
**C**onfidence

**E**nhanced performance

A life in balance improves the quality of our personal and professional lives.

Stress, absenteeism and under-performance can have a significant impact on an organisation. Addressing the conflicting demands on our time allows us to re-balance our individual needs.

## Work-Life Balance Maturity Levels



Forward-looking organisations realise the need for healthy work-life balance. We help you identify the positive steps needed to achieve it.



**12.5 million**

days of stress related absenteeism are

**taken every year**

HSE

**Stress**

costs society around

**£3.7billion per year**

HSE

The issue of work-life balance has never been more topical. The changing labour market has brought this issue into sharper focus. There are challenges to be faced by both employees and employers in achieving work-life balance, but there is also the potential to achieve substantial mutual gains for all concerned through the provision of work-life balance arrangements. We call this a WIN-WIN-WIN scenario because there's another entity involved – your customers/clients.....

**BENEFITS**

Employer	Employee	Customer/Client
<ul style="list-style-type: none"> <li>• Employer of choice</li> <li>• Improved performance</li> <li>• A happier workforce</li> <li>• Increased retention of staff</li> <li>• Higher levels of staff motivation</li> <li>• Improved employee commitment</li> <li>• Improved effects on productivity, recruitment and absenteeism</li> <li>• Demonstrates Corporate Social Responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Increased job satisfaction</li> <li>• Better work and life relationships</li> <li>• Improved health</li> <li>• Higher self-esteem, confidence, commitment and levels of concentration</li> <li>• Greater control of working life</li> <li>• Responsibility and sense of ownership</li> </ul>	<ul style="list-style-type: none"> <li>• Enhanced service/efficiency</li> <li>• Positive public regard for the company</li> <li>• External perception of investment in people</li> <li>• More confidence in the business relationship</li> </ul>

What can you do to improve **stress** levels, **motivation**, **commitment** and **absenteeism** for your people?

## PROGRAMME DELIVERY OPTIONS

- One Day Work-Life Balance Workshop
- Half Day Work-Life Balance Workshop
- 6 Session 1:1 Coaching Programme
- 12 Session 1:1 Coaching Programme

However, Our Work-Life Balance programmes can also be tailored to fit you and your specific needs.

# Work-Life Balance

Contact us to discuss how we can help you to help yourself.

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