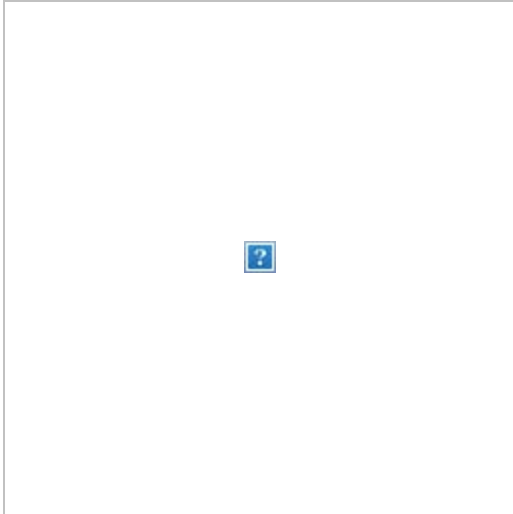


From: [Hamdy, Rania E.](#)
To: [Hamdy, Rania E.](#)
Subject: Webinar: Work-Life Balance - Thursday, July 16 @ 11am
Date: Monday, July 13, 2020 7:29:27 AM



**Register for the Work-Life
Balance Webinar**

Strategies for Achieving a Work-Life Balance and Organizational Success

Employees who are happy with their work-life balance work 21% harder and are 33% more likely to stay at the organization. *

In today's new normal, how can we find a balance between our work-life and home-life? Or better yet, should we? Participants will learn best practices to increase productivity and organizational success by strengthening work-life balance. Many sources of stress are beyond a leader's control so tools to deal with the effects of stress in a healthy and productive way will be presented.

This live webinar is FREE and open to the public

Instructor:
Adam Coughran, M.A.

Date:
Thursday, July 16th

Time:
11:00a.m.-12:00p.m.
Pacific

In this webinar you will:

- Design a work-life balance plan
- Identify stress overload and stress reduction techniques
- Gain strategies to improve time management and prioritization of tasks
- Identify how time is spent during the day in order to increase productivity

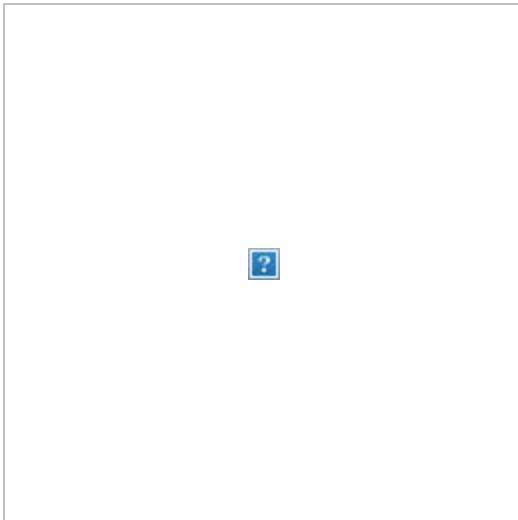
[**https://www.thebalancecareers.com/work-life-benefits-improve-productivity-3545181](https://www.thebalancecareers.com/work-life-benefits-improve-productivity-3545181)

This webinar is not eligible for re-certification credit.

If you are unable to attend the live webinar please still register. All registrants will receive a recording of the live webinar and a copy of the PowerPoint slide deck the next business day.

Register for this webinar

Upcoming Free Webinars

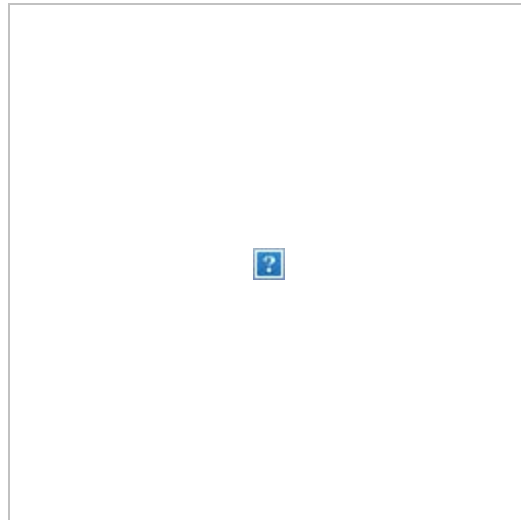


Combating Unconscious Bias: Strategies for Developing Cultural Awareness

Thursday, July 23rd
11:00 a.m.-12:00 p.m. PT

[Learn More](#)

Earn 1 HRCI or SHRM re-certification credit upon attending the live webinar

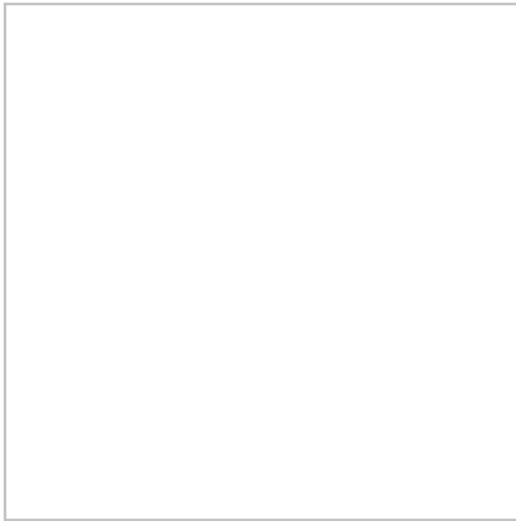


Racial Healing: How to Become a Mindful Ally **Wednesday, July 29th**

11:00 a.m.-12:00 p.m. PT

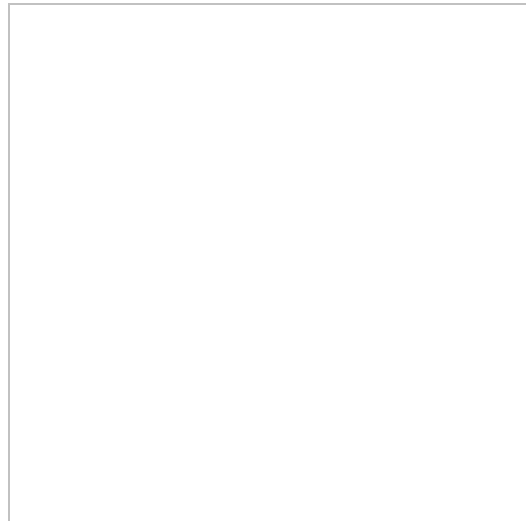
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**The Secret to Success:
Building Strong Relationships**
Tuesday, August 11th
11:00 a.m.-12:00 p.m. PT

[Learn More](#)
Not eligible for re-certification credit



Addressing Privilege at Work
Tuesday, August 25th
11:00 a.m.-12:00 p.m. PT

[Learn More](#)
Earn 1 HRCI or SHRM re-certification credit upon
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