

# Work Life Balance

08 October 2025 10:00 AM - 08 October 2025 01:00 PM

## Brief Overview:

- The objective of this workshop is to help participants understand the importance of balancing their professional and personal lives by focusing on self-care, manage yourself, and mental wellness. Participants will learn how to prioritize tasks, maintain mental health without striving for perfection, and make better decisions that align with their personal and professional goals.

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## Session content:

- **1. Welcome & Icebreaker**

- Quick introductions.
- Icebreaker activity: Participants share their current work-life balance challenges.

## **2. Self-Care: The Foundation of Work-Life Balance**

- Understanding the connection between self-care, productivity, and happiness.
- Activity: Self-care audit (Participants assess their current self-care habits).

## **3. Optimizing Performance at Work and Home**

- Discussion on the expectations we place on ourselves at work and in personal life.
- Case study: Work-life balance in high-demand roles.
- Group activity: Setting achievable goals for work and personal life.

## **4. Unlearning and Relearning Time Utilization**

- Identifying ineffective time usage patterns.
- Introduction to prioritization tools (STEPHEN COVEY, Commadore Technique).
- Activity: Reworking your schedule to include key priorities.

## **5. The Power of Saying "Yes" and "No"**

- Understanding personal boundaries and decision-making.
- Role-playing exercises on saying “yes” and “no” in different contexts.
- Discussion: How to avoid burnout by managing your commitments.

## 6. Letting Go of Perfection

- The impact of perfectionism on mental health.
- Learning to embrace imperfection and focus on progress.
- Activity: Personal reflection on past moments when perfectionism caused stress or hindered performance.
- Visualization technique

## 7. Wrap-Up & Action Plan

- Participants create a personal action plan for improving work-life balance.
- Final Q&A and closing remarks.

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### For Whom:

- Professionals and individuals looking to improve their work-life balance, particularly those experiencing stress or challenges in managing their time and mental wellness.

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### Key Takeaways:

- A deeper understanding of how self-care impacts both work and personal life.
- Tools and techniques to manage time more effectively and reduce stress.
- Clarity on when to say "Yes" or "No" to avoid over commitment.
- Strategies to let go of perfectionism and focus on being your best self at any given moment.

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### Facilitator profile:

**Dr. Vibration Veera**  
**B.Tech, M.Tech, MBA, MDTD, Ph.D. (Hon.)**

A Textile Technologist turned passionate Trainer, Dr. Veera has taught over **6000 students** across B.Sc., M.Sc., B.Tech, and MBA programs. He holds an **Honorary Doctorate in Training & Development** from Euro Asian University (2025).

As a former Polytechnic Principal, he managed **800 students and 40 faculty**, demonstrating strong leadership and problem-solving skills. His passion for education led him to pursue an **MDTD** from IATD

and design **performance-oriented training programs** since 2018 for schools, colleges, and corporates.

Dr. Veera is the **author of 4 books**, has presented **50+ papers**, and has delivered speeches in **India, Malaysia, Dubai, Thailand, Indonesia, and Sri Lanka**. Beyond training, he is a **counsellor, motivational speaker, master of ceremonies, and voice-over artist**.

His contributions have earned him several accolades, including:

- *Certified Corporate Trainer cum Singer* – Influence Book of World Records
- *Panmuga Payeerchigaleen Vithagar* – Kotravai Awards
- *Pride of India Award* – Socially Point
- *Power – Life Transformation Strategist* – Glamorous Power Awards

**Motto:** *“Change your words, change your world.”*

## **Fee Details:**

- **Fee Details**
- Member amount : Rs 999.00- (Including 18%GST)
- Non Member amount : Rs 1500.00- (Including 18%GST)
- Total Member count :