

Equilibrium



In today's fast paced competitive world, career goals and personal life expectations are sometimes at cross purposes. Difficulty prioritising, harmonising expectations and achieving planned goals for life are always challenging. Equilibrium between work and life, therefore, requires a whole new way of life.

A good sense of equilibrium means lesser stress, lower risk of burnout and a greater sense of well-being. Our interactive workshop develops this essential concept and enhances your understanding and coping to a better quality of life.

- The concepts behind Equilibrium
- The myths & the facts
- Red flags for imbalance
- Simple, practical methods to attain balance

Format: One day (6hrs/day) Online/ Onsite

Participants: Not more than 35 persons

Requirements: If Onsite

The workshop would need to be conducted in a sufficiently large hall to ensure adequate space for all the activities.

- Laptop with sound and video projection
- White board
- Chart paper
- Writing materials

Cost: Rs. 40,000/- +18%G.S.T per day

Travel & stay extra at actuals

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