



NATIONAL PRODUCTIVITY COUNCIL

Presents Webinar on

Work Life Balance

On 25 September 2020, 11:30-13:30 hrs

About Webinar : - Balancing your work and life is important for maintaining good health and to allow you to increase your productivity and satisfaction with both. But many of us lead an unbalanced life, so it's good to learn from the professionals how to best manage your work life so your home life is as satisfying as possible. This Work-Life Balance Training Course teaches you how to manage your time better and to be more efficient at work so you produce better results. It also assists you to focus on prioritizing tasks, setting accurate and achievable goals, and communicating better with peers at work and family members at home.

Webinar Coverage:- With a work-life balance, you will be able to manage your time better, which will impact various aspects of your life positively. This workshop will provide you training in focusing on relevant life and work matters, setting practical goals, and communicating and managing better.

★ Participants will be provided E-certificate towards Participation.



Speaker:

Dr. Shreya Govind,
Behavioural Trainer

Registration Fee:

Rs. 590/- including
GST per Participant

Please Visit for Registration:

[https://www.npcin
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