

## BUILDING HIGH PERFORMANCE IN ORGANIZATIONS THROUGH WORK LIFE BALANCE

### Programme Overview

More and more organisations are recognising the value of work life balance. Research on productivity and performance indicate that happy employees are productive employees. However, due to increase in work pressure, the employees are constantly under stress. Shortage of time and stressful job have left no scope for the individuals to engage in personal endeavors.

Growing focus on the job at the cost of personal endeavors has resulted in work life imbalance leading to negative impact, for both, the employees and the employer.

For the employees it gets reflected in stress, depression and illnesses, while, the employers receive the brunt in the form of poor productivity and performance. Thus, it becomes that the organisations facilitate the process of work life balance for their employees.

### Impact

This sensitization programme intends to facilitate and develop the employees to define and redefine their career and personal goals in tandem. The programme will enable the participants to identify stressors and develop resilience to enhance the self effectiveness in all the spheres of life.

### Participant Profile

The programmes will add value to senior and middle level executives from public and private sector, financial institutions and government departments. The participants from any functional areas like Marketing and Sales, Customer Service, R&D, Production, Human Resources Management, Finance, Logistics and IT will benefit from attending the programmes.

### Programme Director

#### Dimple Grover

Dates : 31 Jul–2 Aug 2017

Fee : ₹ 34,000/-  
(US \$ 1495) +  
Applicable Service Tax