

Work Life Balance Challenge

Our work-life balance eLearning to help employees find the right balance between life at work and home.



Course Overview

Do you have a good balance between your work responsibilities and your life outside of work?

Creating a healthy work-life balance can be challenging. In this course, learners meet Stefan, who is struggling to juggle all the competing demands in his life. By making the right choices about work-life balance, you learn coping techniques for balancing work and life – and help Stefan out along the way.

Key Learning Points

- Understand what work-life balance is.
- How balanced is your work and social life.
- Consequences of poor worklife balance.
- How to make better work-life balance choices.
- Coping techniques for balancing work and life.

Learn More



Technical Requirements



Guide Pricing

1+ Licenses £29 per learner

11+ Licenses £25 per learner

21+ Licenses £20 per learner

51+ Licenses £15 per learner

101+ Licenses £10 per learner

*guide prices are per learner, per year

For 150+ learners, please contact us for a quote by telephone or email:

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Great Value Package

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