

# Work-Life Balance

Work

Life



# OUTLINE



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# **INTRODUCTION**

**In today's fast-paced and demanding work environments, prioritizing work-life balance is crucial for both employees and organizations. Understanding the effects of work-life conflicts is essential for organizations to address these challenges and promote a healthy work-life balance.**

# What is Work-life balance



Work-life balance is a broad concept including proper prioritizing between "work" (career and ambition) on one hand and "life" (Health, pleasure, leisure, family and spiritual development) on the other. Related, though broader, terms include "lifestyle balance" and "life balance".

# Work-life conflicts



**Work-life conflicts occur when the demands and responsibilities of work and personal life collide, leading to negative consequences for individuals and organizations. These conflicts can have various effects on individuals' well-being, job satisfaction, and overall productivity.**

# Causes of Work-life conflicts



- Lack of prioritizing skills
- Work environment
- Family Stress
- Competition
- Career ambitions
- Longer working

# Organizational



## Effects of Work-life conflicts

Less  
productive  
employees

Absenteeism

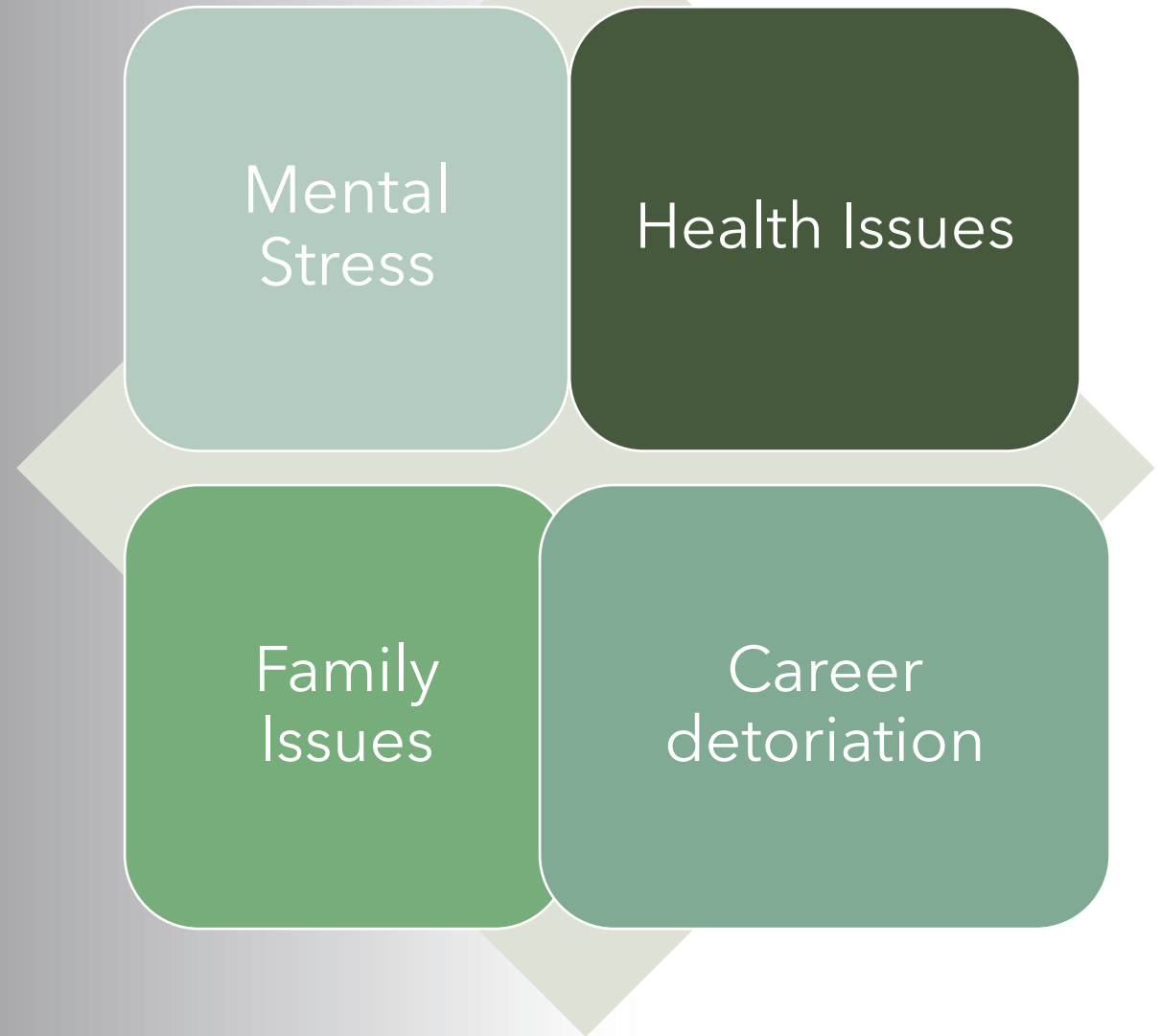
Employee  
turnover

Training &  
developmental  
costs

# Individual



## Effects of Work-life conflicts





# Work-life balance tips

## Organization

- Promoting physical health
- Mental health support
- Flexible work arrangements
- Employee recognition and rewards
- Workload management
- Training and development opportunities
- Encouraging time off and vacation

## Individual

- Love your life & work
- Reward your self
- Take holidays
- Stay healthy
- Learn to say no
- Prioritize ruthlessly
- Organize
- Be Positive and enthusiastic
- Good time management

## Benefits of work-life balance



Better physical and mental health

More fulfilment and satisfaction from work

More productivity leading to greater success

Improved family relationship

**Thank You....**

