The AURA center organized a half day workshop on “SEE-SAW” Work-Life Balance for The teaching staff

Date: Friday, 21st Nov, 2014

Time: 9.30 am– 12.00 noon (Shift II) (within 5 yrs of experience)

1.30 pm - 4.00 pm (Shift I) (within 10 yrs of experience)

Resource person: Mrs. Leema Peter, Consultant Psychologist, Trichy

Venue: Life hall
In today’s world Excellence and performance has become the key to success and survival. Hence it has become an accepted norm that we have to strive for excellence. In the process, we sometimes feel this demand being over pressurizing and taxing that we eventually undergo stress, mental and emotional torment thereby leading to disruption in personal and professional life. Balanced life style will include family, work, finance, spiritual, health and social sectors. It is in this light the growing need for an effective work life balance has been identified and advocated to restore and empower the working society to fully potentiate themselves and enhance quality living.

The workshop is designed to equip the staff to have a healthy balance in work life and personal life. It mainly focuses on handling relationships, emotions, handling work pressure and managing the stress. The workshop will benefit the participants greatly by facilitating them to retrospect, introspect their life patterns, habits, behaviours bringing about an awareness and motivation towards positive change, growth and development in all spheres of life.