



# Work-Life Regeneration

## Webinar 2 hours

Dedicated to all the people who are looking to reach a balance between personal and professional priorities in the time of “forced” Smart-Working.

This Webinar allows you to reflect on three key dimensions of the current situation:

- ✓ **WORK SPACE:** Are we doing something really smart or are we just working from a remote location?
- ✓ **TIME SPACE:** Are you mastering it or you are just a victim of it?
- ✓ **EMOTIONAL SPACE:** Are you experience the lock-down as if you put yourself in a “pause mode” to reflect or are you experiencing a stressful sense of isolation difficult to handle?

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## Webinar 4 hours

In addition to the objectives and content of the previous Webinar, we offer the possibility to deepen your ability in dealing with the current situation by reflecting on three key skills:

- ✓ **ACCOUNTABILITY:** To become more self-aware of the way you make your decisions, to increase your responsibility in implementing them while becoming responsible of the consequences of your actions.
- ✓ **TIME MANAGEMENT:** Understanding your relationship with time and improving its quality.
- ✓ **EMOTIONAL INTELLIGENCE:** to see emotions as a useful information which connect us, to the situations we experience earlier before our thoughts do.

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## Webinar 8 hours

In addition to the content and of the objectives of the previous Webinars, we offer the possibility to discover and practice new approaches to create a new **FLIGHT PLAN** towards the new balance you want to have in your work and private life.

Looking at the **WEATHER FORECAST:** By reflecting on your different personal experiences during the “forced” Smart-Working times, you will map out what are your tail winds that push you faster towards the life you want to have and the headwinds that might interfere with your intentions.

Create a new **FLIGHT PLAN:** Define your own personal action plan to reach your new life while gaining the expected “new balance” between work and private life.

