



Work Life Balance

Get to know the important key's to Work Life Balance, to achieve a healthy balance between work and life. You will get motivated to make a change, using the "tool-box" of different tools, you will lower your stress-level and feel more alive.

TENTIO has created six keys to enhance balance. Contribute by using your strengths, enhance your self-esteem, take breaks, time management, mindfulness and communication. Exercises by yourself and in groups will give you new strategies. You will try different

tools that you may use to enhance your workday. Discussions and reflection will give you the opportunity to create plans for a better balance and less stress related issues. At the end you will write a contract "with yourself" on the things you will start doing.

Learn more about Work Life Balance!

Lena Roos

+46 70 455 98 30

lena.roos@tentio.se