

Brussels, 10 October 2023

rue de l'industrie, 10. Room Paulo Freire. 1000 Brussels

Join us in Brussels on Tuesday 10th October for an immersive experience towards a more balanced work-personal life management!

Are you managing a team working from home? Or maybe is you who is working from home while caring for your family. Then, join us and learn how to manage it all smoothly.



PROGRAMME

09:45 Welcome

10:00 How to manage the work-personal life balance better when working from home

10:30 Working in groups (1) – exploring the Balance Library

11:00 Coffee break

11:30 Working in groups (2) – exploring the Balance Guide

12:15 Workshop groups (3) – exploring the Balance CPD

12:30 Open discussion

13:15 Closing and thanks

Activity organised by



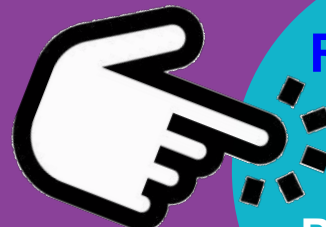
<https://projectbalance.eu>

Who should attend this event?

Adult learners, managers, trainers.

How can you use the Balance results?

You can see how others have coped with similar challenges. You can learn how to create a balanced environment and find out tricks to make your life easier, to disconnect and enjoy other things. You can help colleagues to improve their life too.



**REGISTER
NOW!**

**Participation
is free**



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