

BALANCING THE NET: WORK & FAMILY LIVES

ABSTRACT

This proposal highlights the details of the 1 day workshop aimed at informing, guiding and inculcating a culture of balancing the requirements of the work and family lives. This workshop can help attendees understand the value of and the skills required to balance the issues related to striking this balance.

COURSE INTRODUCTION

As the demands of the dynamic workplaces are increasing, it is shredding the very thread of the social norms and work distribution at home. Expectations of performance and career management are not only high from the organizations; but also that each and every individual is aiming higher and higher each day in terms of what can be achieved at workplace. These tensions are leading people to keep on doing the balancing act: an attempt to balance between work, family, personal health, leisure and spiritual self! Actually juggling and balancing between these aspects of life has become the key to success.

COURSE OBJECTIVES

These sessions shall enable attendees to:

- Understand the concept and practices of work life balance
- Estimate the challenges associated with managing professional life and personal life
- Develop awareness of self and the world around you at work and home
- Develop strategies to integrate work into overall life and be able to balance the net

COURSE CONTENTS

- Concepts and practices of Work-life balance
- Self-awareness
- Assessing gaps in work life balance
- Integrating work life balance
- Strategies of work-life balance

TRAINING STYLE

- Business games
- Case study
- Group discussion
- Lecture
- Role play
- Self-assessment inventories

AUDIENCE

Managers of Public Sector / Private Sector including Directors and Department Heads may attend this workshop to enhance their knowledge of managing work-life balance and inculcating a culture of a balanced workplace.

COURSE SCHEDULE

Duration: 6 hours

RESOURCE PERSON

Dr Kakul Agha is a full time Assistant Professor and Chair of Teaching Effectiveness at Skyline University. Since the last 17 years she has been associated with Universities and Colleges in Oman and has been taking academic leadership roles like Head of Postgraduate Studies and Department of Management as well played roles in various committees. She completed PhD in 'Work-Life Balance'; Postgraduate Course in Higher Education Professional Practice from Coventry University, UK as well as a MBA in HRM. She has published academic research articles in education as well as management; book chapters on work life balance and light reading articles in national magazines in UAE and Oman on management and entrepreneurship. In the past she has headed the international coveted Linking MED-Gulf Project in cooperation with University of Barcelona funded by the European Union.