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## WORK-LIFE INTEGRATION, NOT BALANCE

<b>Start Date:</b>	30/08/2026	<b>End Date:</b>	03/09/2026
<b>Categories:</b>	Wellbeing & Personal Dev	<b>Venues:</b>	Dubai
<b>Formats:</b>	In Person	<b>Instructors:</b>	

### OVERVIEW

This course redefines how professionals approach well-being by focusing on integration rather than balance. Participants will learn how to design a life where personal values, work demands, and wellbeing can coexist sustainably.

### OBJECTIVES

By the end of this course, participants will be able to:

- Shift from the idea of balance to integration for sustainable well-being.
- Identify personal values and align them with work and life choices.
- Set boundaries and rituals to reduce conflict between roles.
- Reframe guilt, control, and perfectionism in daily routines.
- Create a flexible framework to support ongoing integration.

### COURSE OUTLINE

1- The Myth of Balance and the Model of Integration  
2- Personal Values and Lifestyle Design  
3- Conflict Reduction: Boundaries, Guilt, and Flexibility  
4- Habits, Rituals, and Systems for Integration  
5- Creating a Personal Work-Life Integration Blueprint

### TARGET AUDIENCE

All Supervisory Levels, Professionals, managers, parents, entrepreneurs, and anyone seeking a more aligned and flexible approach to well-being.

### METHODOLOGY

Values clarification exercises, time-mapping, integration planning, reflection labs, and lifestyle design workshops.

### CONCLUSION

Participants will leave with a practical, customized approach to work-life integration that supports their well-being and ambitions.

### DAILY AGENDA

## **Day 1: Balance Isn't the Goal**

Redefine what success looks like in the context of modern work and life.

## **Day 2: Design with Values**

Clarify what matters most and assess how time aligns with your values.

## **Day 3: Dissolving the Divide**

Build flexible boundaries, rethink guilt, and design supportive routines.

## **Day 4: Habits That Fit Your Life**

Experiment with sustainable rituals that support both work and life.

## **Day 5: Your Integrated Life Plan**

Create a blueprint for ongoing work-life alignment and reflection.

*Page 2 of 3*

*For more information, please contact us:*

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