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WORK-LIFE INTEGRATION, NOT BALANCE

Start Date:	29/11/2026	**End Date:**	03/12/2026
Categories:	Wellbeing & Personal Dev	**Venues:**	Dubai
Formats:	In Person	**Instructors:**	

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.

For more information, please contact us:
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