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The Work Life Balancing Act Webinar

Tuesday, August 9, 10 a.m. to 11 a.m.

Cost: \$20

1.0 Social Work CEU available (\$15 fee for NASW members; \$25 fee for non-NASW members). Those interested in obtaining social work CEUs will be billed directly by NASW.

This program is in partnership with the Pennsylvania Association of Senior Centers/White Rose Senior Center.



Description: Any form of work has the ability to take a mental, emotional, and physical toll on the everyday life of workers. The constant threat of burnout legitimizes the importance of balance. Workers within the fields of education, food service, sanitation, and so many other professions are susceptible to increased stress, anxiety, and depression resulting from their work loads. Work/life balance has been pushed to the forefront as a need of society as a whole. This balancing act does not have a one-size-fits all appearance, but it is the state of equilibrium in which an individual equally prioritizes their personal demands as well as the demands of their career. Through the identification of burnout risk factors and solutions to prioritizing ones' overall health, individuals will be able to boost productivity without absorbing a personal toll. This presentation includes real-life situations, participant activities, and problem-solving methods to decrease the individual's workload. The priority of balance is paramount over the individual priority of professional or personal success.

Objectives:

- Define caregiver burnout/fatigue
- Learn the causes of caregiver burnout/fatigue
- Review the importance of work life balance
- Understand risk factors of burnout
- Define dynamic of dual-career couples (DCCs)
- Learn ways to prevent burn out
- Learn how to encourage work-life balance for employees

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