

Fundamentals of work-life balance: career development

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Abstrak

How well employees balance the demands of work and personal life can have a significant effect on the productivity of your organization. This issue offers a work-life plan to help achieve this balance by providing tips and tools to help you define what having a balanced life means. In addition, the issue provides advice on creating a personalized work-life plan. Tips on creating a personal mission statement, envisioning an ideal life, and taking charge of creating this balance are also included.