

FORE School of Management

Management Development Programme on Work Life Balance for Women Executives July 25-26, 2011, FSM Campus, New Delhi

Introduction

As the number of dual career couples is gradually increasing and the support of the joint family is going away men and women employees are struggling hard to manage their professional and personal lives. Women professionals find it difficult to fulfill demands of the family and society and at the same time do justice to the demands of their profession at workplace. This issue becomes even more pertinent in a country like India where most of the familial roles are gendered. Research suggests that professionals are experiencing a time squeeze, and demographics suggest that this is not going to go away.

Work-life balance is about people having a measure of control over when, where and how they work. It is achieved when an individual's right to a fulfilled life inside and outside paid work is accepted and respected as the norm, to the mutual benefit of the individual, business and society.

Objectives

- Helping the participants analyze the antecedents and consequences of work-life conflict
- Making the participants understand the challenges associated with managing professional life and personal life;
- Enhancing self-awareness and developing capabilities to maintain a healthy work-life balance
- Developing strategies to integrate work into overall life issues effectively.

Contents

- Work and Life Conflict
- Assessing work-life conflict
- Self knowledge
- Integrating Work and Life
- Strategies for Work-Life Balance

Who May Attend

The programme is suitable for Women Executives of Public Sector, Private Sector, Multinational Organizations, and Government Departments