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What is Work-Life Balance?



According to **World's Health Organization**, "Work-life balance is the positive relationship between work and other equally important aspects in life, such as family, leisure and other personal activities."

Why
it
matters?

It influences:



Job Satisfaction



Motivation



Productivity



Positive work environment

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NEGATIVE IMPACT OF POOR WORK-LIFE BALANCE

Based on a July 2019 report by the UK Department for Education and Ofsted:



Burnout is a common issue among educators



1 in 3 students face mental health issues linked to academic pressure



Lower productivity observed in staff, educators, and students

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TIPS FOR A BALANCED LIFE



Set boundaries at work



Avoid bringing work home



Delegate tasks and responsibilities



Know Your Limits — Don't Overcommit



Prioritize urgent tasks



Exercise regularly



Plan your week



Enjoy hobbies

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PERKS OF BALANCING WORK AND LIFE



A balanced life helps lower stress and anxiety while building emotional resilience.



Better physical health through more rest, regular exercise, and healthier routines



Improved focus and productivity with effective time use and task management



Greater life satisfaction when rest, hobbies, and relationships are given priority



Stronger relationships by spending quality time with family and friends



A more positive and supportive environment is fostered within the institution

