

WORK-LIFE BALANCE

DEDICATE TIME AND ENERGY EQUALLY BETWEEN THE AREAS.

ASHLEY WHILLANS

BA, MA AND PHD IN SOCIAL PSYCHOLOGY AND OTHER

BOOK

TIME SMART: HOW TO RECLAIM YOUR TIME AND LIVE A HAPPIER LIFE

PRIORITIZING QUALITY TIME INCREASES PROFESSIONAL INCOME

TEDX

LEARN TO DELEGATE AND OUTSOURCE SMALLER ACTIVITIES.

PAYING FOR THIS CAN BE A GREAT INVESTMENT IN QUALITY OF LIFE.

ESTABLISHING LIMITS BETWEEN ACTIVITIES, TIMES AND SCHEDULES IS CRUCIAL.

WHILLANS EMPHASIZES THE IMPORTANCE OF PRIORITIZING TIME AND BEING MINDFUL OF HOW TIME IS SPENT TO ACHIEVE A BETTER WORK-LIFE BALANCE. BY FOLLOWING THIS INDIVIDUALS CAN IMPROVE THEIR GENERAL WELL-BEING AND SATISFACTION WITH THEIR WORK AND PERSONAL LIFE.