

# Brussels, 10 October 2023

rue de l'industrie, 10. Room Paulo Freire. 1000 Brussels

Join us in Brussels on Tuesday 10th October for an immersive experience towards a more balanced work-personal life management!

Are you managing a team working from home? Or maybe is you who is working from home while caring for your family. Then, join us and learn how to manage it all smoothly.



## PROGRAMME

09:45 Welcome

10:00 How to manage the work-personal life balance better when working from home

10:30 Working in groups (1) – exploring the Balance Library

11:00 Coffee break

11:30 Working in groups (2) – exploring the Balance Guide

12:15 Workshop groups (3) – exploring the Balance CPD

12:30 Open discussion

13:15 Closing and thanks

Activity organised by



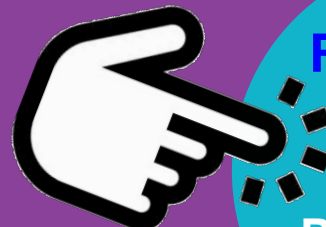
<https://projectbalance.eu>

## Who should attend this event?

Adult learners, managers, trainers.

## How can you use the Balance results?

You can see how others have coped with similar challenges. You can learn how to create a balanced environment and find out tricks to make your life easier, to disconnect and enjoy other things. You can help colleagues to improve their life too.



**REGISTER  
NOW!**

**Participation  
is free**



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