Survive & Thrive; Taking Care of Your Job and Yourself During Tough Times

Presenter: Alice Jordan-Miles
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Balancing work, family, and personal life has always been challenging for employees. The workday is filled with multi-tasking expectations and increasing emphasis on efficiency, productivity and global competitiveness. Such pressures can lead to the experience of stress for employees and can compromise the quality of their performance in all areas of their lives, and their emotional and physical well-being overall. Fortunately, there are actions we can take to improve how we cope and respond to the challenges ahead. There is no better time than NOW to begin taking care of our health and well-being, and to make self-care a priority.

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