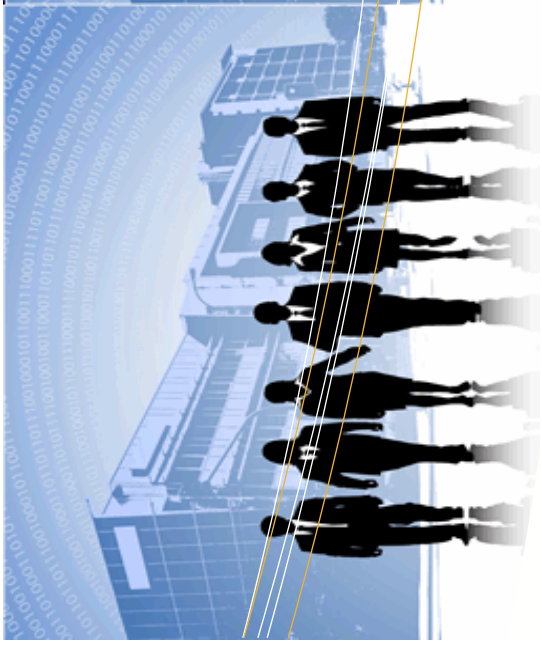


# WORK-LIFE BALANCE and HR Strategies

March 1-2, 2010  
9:00 am – 5:00 pm  
bonifacio hall  
u.p. solair



**Seminar Fee:**

The registration fee for the seminar is Five Thousand Pesos only (P5,000.00) . Payments should be made payable to CLEARED, Inc.

**Which will cover:**

- Lunch
- Snacks
- Handouts
- Certificate of Completion

**For reservation and inquires:**

Please call Jerowin or Vhel  
At telefax (02 – 9289206)

You can also email at  
cleared\_inc3@yahoo.com

**note:**

We also offer this seminar in-house and regional basis. Seminar reservation is expected. We, however, reserve the right to postpone or cancel the training program as we see fit.

Center for Labor Education, Advocacy,  
Research and Development, Inc.  
Room 104, Bonifacio Hall, UP SOLAIR  
Diliman, Quezon City, 1101



**CLEARED**  
incorporated

Room 104, Bonifacio Hall  
U.P. SOLAIR  
University of the Philippines  
Diliman, Quezon City  
+632 928 9206 - telefax  
www.cleared.com.ph

# WORK-LIFE BALANCE & HR STRATEGIES

MARCH 1-2, 2010

The Center for Labor Education, Advocacy, Research and Development, Inc. (CLEARED, Inc.) is pleased to announce this two-day seminar offering.

## RATIONALE:

**Work-life balance** is a broad concept including proper prioritizing between career and ambition on one hand, compared with pleasure, leisure, family and spiritual development on the other.

As the separation between work and home life has diminished, this concept has become more relevant than ever before. Related but broader terms include "lifestyle balance" and "life balance".

**Work-life balance** is a person's control over the conditions in their workplace. It is accomplished when an individual feels dually satisfied about their personal life and their paid occupation. It mutually benefits the individual, business and society when a person's personal life is balanced with his or her own job.

The work-life balance strategy offers a variety of means to reduce stress levels and increase job satisfaction in the employee while enhancing business benefits for the employer. In our increasingly hectic world, the work-life strategy seeks to find a balance between work and play.

A sentence that brings the idea of work life balance to the point is: "**Work to live. Don't live to work.**"

CLEARED conducts training, research and community service for labor empowerment and an enlightened industrial relations

HOW CAN WE HELP YOU?

## COURSE OBJECTIVES:

- Know HR strategies in balancing employees' work and non-work lives
- Know what happens when individuals experience a lack of balance
- Know how to work and improve the balance

## PROGRAMME:

### DAY 1

9:00 AM – 12:00 NN

#### The Context

What work-life balance is  
And who benefits from it  
Theory and global trends

1:00 PM – 5:00 PM

#### HR Strategies and the Focus on Life-Balance

What employers could do?  
Various factors impinging on the program  
The gender perspective

### DAY 2

9:00 AM – 5:00 PM

#### Stress at Work

Impact of technology  
Work and non-work time demands  
Aspects of social policy

1:00 PM – 5:00 PM

#### Workplace Challenges

Household and family dynamics  
Qualitative and Quantitative Measurements  
Case studies

#### Methodologies:

Lectures, Workshops, Cases and Exercises

\*RESERVATION / CONFIRMATION SLIP

Seminar on: Work-life Balance & HR Strategies  
March 1-2, 2010

TO: CLEARED, Inc.

Fax No.: (+632) 928-9206

We are interested in attending this seminar. Please consider this as our reservation/confirmation.

Name: 1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

Organization/Company: \_\_\_\_\_

Tel No/s: \_\_\_\_\_

Fax No.: \_\_\_\_\_

Sender: \_\_\_\_\_

Position \_\_\_\_\_

Mobile Phone #: \_\_\_\_\_

E – mail: \_\_\_\_\_