



Find the Balance: Essential Steps to Fulfilment in Your Work and Life

By Deborah Tom

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Find the Balance: Essential Steps to Fulfilment in Your Work and Life, Deborah Tom, Balancing the needs of a career with finding time for personal or family commitments can be a challenge, and working long hours can result in decreased performance and stress-related illness. With extensive experience of working with multi-national companies and organisations, Deborah Tom offers business skills and strategies that she regularly uses with individuals at all levels in organisations to help us understand these issues, and to find balance and fulfilment in our social, professional and personal lives * Self Perception: Develop self-knowledge; check your auto-responses; focus on your commitments * Making The Change: Practical ways to implement change and prioritise goals to find balance in your life. * Maintaining The Balance: How priorities change in line with our life strategies; advice and case studies to help maintain a flexible approach and gain personal control, achieving personal fulfilment.

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