

# WORK – PRIVATE LIFE BALANCE

project „NEW START UPS“



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# CONCILIATION OF PRIVATE LIFE AND WORK "WORK LIFE BALANCE"

Work-life balance draws attention to the need to find the right balance between work and personal life in life.

Work fatigue and accumulated stress over a longer period of time can spill over from the work sphere into the personal sphere in everyday life and can thus have a very negative impact on human, partner and family relationships.

A large number of employees respond to high demands from the company by spending more and more time at the workplace. As a result of overwork, the majority of employees work with less and less commitment, they have difficulty concentrating and often change their place of employment or are ill.

Physical and mental well-being are very closely related. Also, the way of spending free time affects the mood of employees during working time and vice versa.

The focus was on the right balance between work and private life. This is a very current topic in the light of the last two years of the pandemic that has upset working and even school life.

The course on the reconciliation of private life and work has seen the following objectives:

- personal identity and motivation
- communication in the workplace
- adaptation to changes at work
- time management to cope with stress
- solutions to have a balance between work and private life

The course contents were as follows:

- Who I am and what I do
- The work environment
- Relationship with colleagues and collaborators
- Time and priority management
- Family and social life
- The company, the entrepreneur and society
- Some examples

## What is most important to me in life?

Please think about the mentioned areas and write what is a priority for you.

<b>Coexistence and relationships with other people</b>	
<b>Good state of mind</b>	
<b>Work</b>	
<b>Financial resources</b>	
<b>Leisure</b>	
<b>Health</b>	

Using some videos made it possible to show some successful examples of companies (Ferrero, Barilla, Ferrari) that apply an integrated corporate welfare system that helps provide services to employees and their families. It was also useful to show the video made by actor Giovanni Scifoni, which represented in a comic key scenes of family life. Also in this case pupils followed very carefully the discussion because the cases shown are of general interest and we come across with them in our daily life.

Here are the links of the videos

used: <https://www.youtube.com/watch?v=NgX7tbJZ6Qs>

The history of Ferrero

[https://www.youtube.com/watch?v=npWXgA1WS\\_8](https://www.youtube.com/watch?v=npWXgA1WS_8)

The history of Barilla

<https://www.youtube.com/watch?v=9V6ZYZI0Kc>

Ferrari as corporate welfare example