

MOM AND DAUGHTER

A Balance between Work, Studies and Wellbeing

Guía paso a paso

OCCUPATION

Gloria: Systems analyst
Jennifer: University student Industrial Engineering

1.



2.

ACTUAL STUDIES

Gloria: Pursuing a career in programming at Sena.
Daughter: Studying Industrial Engineering in Bogota.

GYM

Gym: Both dedicate 3 days a week to strength and cardio training. Example: Monday, Wednesday and Friday at 7 am, at the local gym. Rest: Weekends are reserved for family activities and relaxation. Example: Sunday afternoons free for walks and reading.

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4.

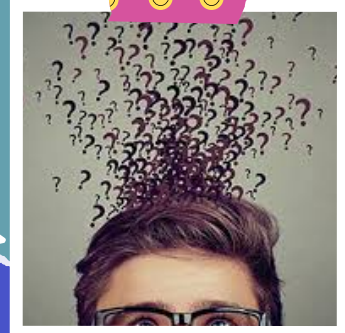
TRIPS

Future Trips: They dream of exploring Europe together. Dream destination: Tour Italy and Greece to learn about their history and culture.

FUN FACTS

Additional data: Inspiration: The mother encourages the daughter to achieve her academic goals, while the daughter motivates the mother to balance her career. Shared

5.



6.

VALUES

Both share a love for culture, history and gastronomy, making travel a common goal.



Conclusion: Mother and daughter demonstrate how a balance can be achieved between work, studies, health and the search for new experiences, thus building a life full of personal achievements and invaluable shared moments.