

FXCN FUSION FORUM

WORK-LIFE BALANCE

Newsflash

29.08.2025



We have successfully conducted the **FXCN Fusion Forum** session on the theme **“Work-life Balance”**, hosted by Ms. Shalini from HRD training and Development. A total of 30 enthusiastic participants took part in this interactive session, contributing valuable insights and perspective.





In her opening address, she highlighted the significance of cultivating balance in today's fast-paced corporate world. She emphasized that work-life balance is not about equally dividing time, but about making mindful choices to improve both personal well-being and professional performance.



In his keynote speech, he spoke about the importance of work-life balance as a driver of productivity, happiness, and long-term career growth. He encouraged participants to adopt simple practices that reduce stress and help create harmony between work and personal priorities.



KEY MOMENTS OF THE PROGRAM

Ice-Breaking Session



The program began with an ice-breaking activity where participants balanced a light object on their hand or head while answering fun work-related questions such as “What’s your favorite part of your job?” and “One tip to beat a stressful deadline.” This playful challenge set the tone, symbolizing how focus and adaptability are essential in balancing both work and life.

Understanding Work-Life Balance

Discussions explored whether balance means equal time for work and personal life, or rather the ability to prioritize effectively. Participants shared how they measure balance-through health, relationships, personal satisfaction, and productivity.



Challenges in Work-Life Balance

Participants highlighted challenges such as:

Long working hours and tight deadlines.

Increased dependency on technology blurring professional and personal boundaries.

Difficulty in managing stress while meeting family and personal commitments.

While technology was seen as both an enabler and disruptor, employees discussed strategies like digital detox, time-blocking, and delegating tasks to overcome these barriers.



KEY MOMENTS OF THE PROGRAM



Emoji Mood Check Activity

Participants chose emoji's that best reflected their current state of work-life balance. This creative approach sparked light-hearted discussions while revealing the collective mood—some emoji's showed stress, others relaxation and motivation—giving an instant picture of the workforce mindset.

Strategies & Best Practices

Participants shared simple habits and workplace strategies that help in maintaining balance, such as:
Setting clear boundaries between work and personal time. Taking short breaks for re-energizing.
Practicing mindfulness and relaxation techniques.
Learning to say "no" when overloaded.
Prioritizing health and hobbies alongside professional responsibilities.



SNEAK PEEK OF THE PROGRAM



PROGRAM STATISTICS AND TRENDS

Total Participants

30

Attendance Rate

80%

Satisfaction Rate

90%



RECOGNITION OF THE PROGRAM



Our HOD honored two participants with appreciation gifts for their active participation and effective communication.

The FXCN Fusion Forum on Work-Life Balance was highly interactive and engaging. The session left participants motivated to adopt healthier practices, reinforcing the company's commitment to employee well-being and continuous learning.



"Work-life balance is the key to a healthier, happier, and more productive life."



THE END !!!