# Work-Life Balance

1. What is your role in the company?

- [ ] Executive/Senior Management

- [ ] Manager

- [ ] Staff/Employee

- [ ] Intern

- [ ] Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How long have you been with the company?

- [ ] Less than 1 year

- [ ] 1-3 years

- [ ] 3-5 years

- [ ] 5-10 years

- [ ] More than 10 years

4. How often do you feel that work interferes with your personal life or vice versa?

- [ ] Very often

- [ ] Often

- [ ] Sometimes

- [ ] Rarely

- [ ] Never

5. Do you feel that you have enough time to fulfil your personal commitments outside of work?

- [ ] Yes

- [ ] No

- [ ] Sometimes

6. What specific aspects of your job or work environment contribute to your work-life balance?

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7. What challenges, if any, do you face in maintaining a healthy work-life balance?

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