

"Balance Your Work-Life"

☞ Strike a healthier balance between home & work

- Learn to say 'No'- Putting in extra bit is good, but its equally important to know when to put your foot down and say 'No'
- There is no point in doing something out of a false sense of guilt or obligation
- Setting boundaries is essential.



Be TUNED IN to know more.....

For more guidance & tips email to - smile@wellnessway4u.com