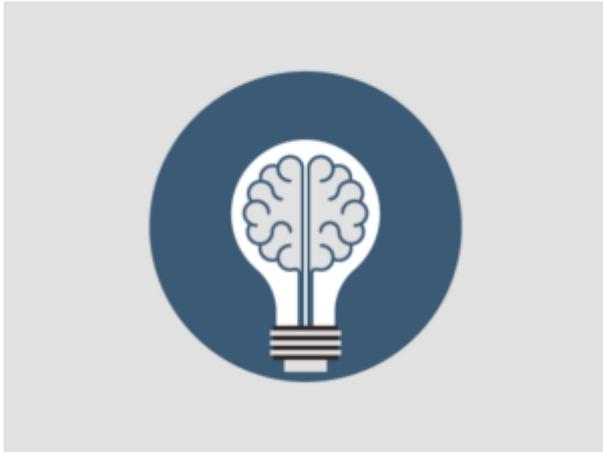


# Work / Life Balance



## Course Description

This course will explore what balance actually looks like, how to identify early warning signs, and what steps both employees and supervisors can take to create a healthier rhythm.