



**1 day open program**  
**WORK-LIFE Balance -**  
**How to Be in Good Personal Condition**

**Lead Yourself.**

**Shine  
Leadership**

**Stop for a moment and realize your resilience limit before it is too late. Is your life just about work?**



**Jitka Jilemická**  
lecturer

For dates, prices, registration, organizational information and terms and condition go to:  
[ShineLeadership.cz](http://ShineLeadership.cz)

**Location**

Training Centre Hradčanská  
Milady Horákové 116/109B  
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**Why choose this program?**

- Understand the basic principles of work-life balance.
- Enhance your healthy lifestyle, healthy working relationships and collaboration
- Increase your personal competence in the areas of stress prevention and work performance
- Understand your personality type and what it means for your self-reflection and life balance.

**Who is it for?**

For all those who want to stop for a moment and do a personal inventory of their personal habits in the area of work-life balance.

**Topics**

- Personal satisfaction audit
- General factors of work-life balance
- Personal efficiency and productivity when working with habits
- How to "eat that frog" – how to have the system of priorities well in our hands
- How to work with self-motivation and not burn out
- How to be in good conditions – internal energy sources
- Body and mind exercises.

QR code – a fast way to reach us

1. Turn on your camera app and aim it at the QR code. If a link to our website appears, click on it and it will take you straight to us.

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**Shine Leadership s.r.o.**

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