

MODULE 5

CREATIVE LIFE MANAGEMENT



Learning outcomes

- The knowledge how to assess and understand how the areas in their life are currently balanced and to help achieve a work-life balance.
- Using techniques for time management and setting goals for more efficient life management.

Total duration

- 2-hours of group activities face to face or online
- 1-hour self-learning
- 3-hours homework activities

Instructions for facilitators

Facilitators and participants should rely on the provided materials for implementation of the activities.