

# New Normal Life Balance

## TRAINING GUIDE



Learn How To Manage Your  
**Work Environment** During This Pandemic  
To Create A Better **Work-Life Balance!**



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Introduction







In a recent study, our smartphone was aptly described as an 'adult pacifier', as we have it on us at all times, and tend to be less inhibited when we use it (compared to a laptop or desktop computer). The devices are so invaluable that most employers now provide us with a phone to help us stay connected to our colleagues, but does this connectivity tether us to work 24/7?

It's a question that seems increasingly pertinent in our coronavirus age, as so many of us are working from home on a semi-permanent basis. It creates the inevitable dilemma around when exactly work time begins and ends each day. This blurring of boundaries can create considerable challenges for our work-life balance, especially when employees have so much else on their plate at the moment too.

That's the traditional line of thought - that any blurring of boundaries between our work and personal life is a bad thing. It's become one of those accepted truths about work that is seldom questioned, in this guide you will get to know how to improve and maintain the NewNormal Work-Life Balance.

Let's get started...