

TOPIC: WORK-LIFE BALANCE



1. How many hours a week do you work?
2. What does work-life balance mean for you?
3. Which is a bigger priority for you, your job or your personal life?
4. How often do you work late because of something urgent?
5. Do you feel you have achieved a work-life balance?
6. How satisfied are you with your current work hours?
7. Have you ever missed out on a personal event due to work?
8. Could you benefit from offloading some of your tasks to another employee?
9. How often do you take work with you on vacation?
10. What are the consequences of not having a good work-life balance?
11. Do you think men and women face different challenges in achieving work-life balance?
Why or why not?
12. How does work-life balance vary across different cultures and industries?
13. Do you think men and women face different challenges in achieving work-life balance?
Why or why not?
14. Name some healthy actions that you take to keep a better work/life routine.
15. How do you think work-life balance will change in the future?