

Life

Work



Dubai National School  
مدرسة دبي الوطنية - البرشاء

# WORK-LIFE BALANCE WORKSHOP REPORT

2021

EDITION

MEYSA  
TSEY

# PROFILE

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I conducted a CPD workshop titled "The Importance of Work-life Balance in The Teaching Profession- a Multidimensional Approach" for grades 2-6 teachers.

**Location:** Dubai National School, Al Barsha

**Dates:** **14.12.2021** - Grades 2-3 Teachers

**15.12.2021** - Grades 4-5 Teachers

# OBJECTIVES

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- Raise awareness for work-life balance and the risk of burnout.
- Learn to manage and prioritize your professional career and ambitions, lifestyle and leisure, fitness and health, relationships and family, and spirituality.
- Learn how to move towards balance in life.
- Understand the multi-dimensional approach and relation with life balance.

# THE FIGURES

These graphs show how many teachers participated in my workshop and their feedback.

## FEEDBACK ON WORK-LIFE BALANCE WORKSHOP

Would you like to RECEIVE life coaching workshops like this?

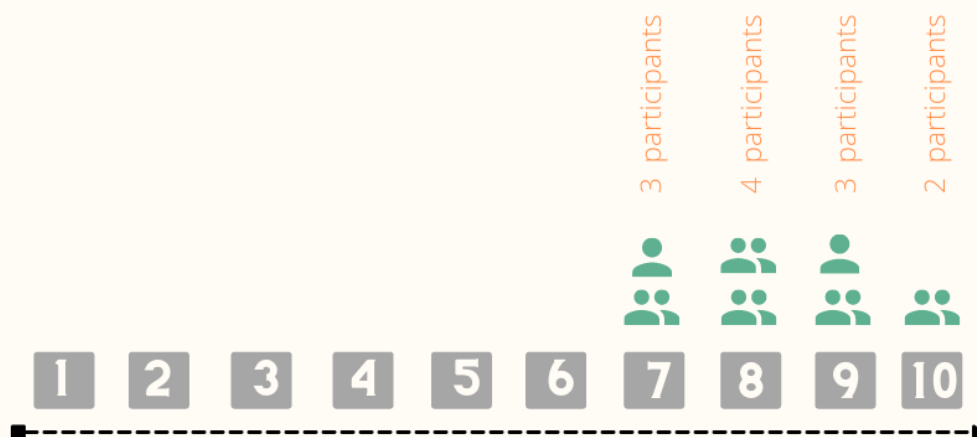


Would you RECOMMEND this workshop to others?



IF YOU WERE TO GIVE THE WORKSHOP A SCORE OUT OF 10 FOR:

How **ENJOYABLE** was the workshop?



# FEEDBACK

**If you were to tell someone about this event, what would you say?**

It's very positive and refreshing; it can improve and change your mindset to a new and better one.  
- Mariam

I will tell my husband about this workshop and fill out the wheels.  
- Sara

I liked the content, but I would love to know more and explore the topics deeper.  
- Hanan.

The wheel of life is a practical tool that lets you introspect and evaluate your life, which we often forget to do in our busy lives.  
- Nisha

I learned how to know if my life is balanced or not.  
- Lian

It was a good open discussion that highlighted important stuff that might be difficult to figure out on your own.  
- Fadwa

It's simple and informative  
- Sarah

You feel how you reached a place, realizing how unbalanced your life is. You understand how to improve the balance and get feedback from your students.  
- Youmna

It is so helpful to find some guidance when we get too busy or overwhelmed by all that is going on around us.  
- Susan

Very fun and interesting; it showed ideas very clearly.  
- Dana

It was good, and the trainer was prepared.

Amazing way to keep your mind clean. Understand your inner self and concentrate on what you need  
- Ingy

**What is the most USEABLE Success Strategy you gained from this workshop?**

Wheel of Life  
- Nisha

The Wheel of Life  
- Lian

Accepting the fact that there is no perfect work-life balance.  
Strive for a realistic schedule & start applying it.  
- Sarah,

Reminding myself & listing everything that is bothering me to clear my head and have a plan.  
- Fadwa

The two Wheels of Life  
- Dana

The wheel is amazing to keep your mind organized  
- Ingy

I liked the activity of the balance wheel  
- Susan

How to start working on balancing my life  
- Sara

- To work on each aspect alone
- Teach it to my student
- 50 questions best self

- Mariam

The Wheel of Life  
- Youmna

Life-work harmony  
- Hanan



# PHOTOS

