

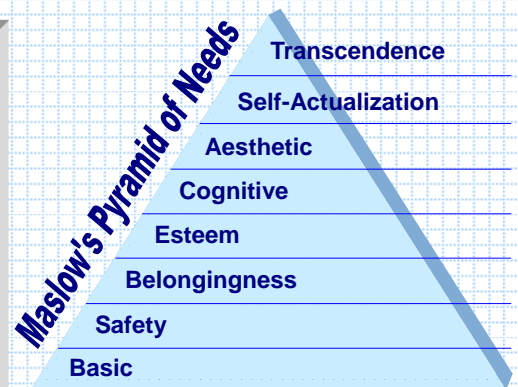
Work-Life Management

Benefit for Company and Employees

Our work directly influences our private life, and vice-versa. In particular, when facing unstable economic periods, but also when enjoying booming or work intensive times. To achieve synergy between responsibilities at work and quality of private life is therefore Key for both, companies and employees. As soon as a solid Work-Life Balance is achieved, it immediately results in satisfaction of one's life, and with it increases performance at work and stress resistance due to re-gained energies. As a result, commitment towards the company also increases (retaining).

Systematic Approach

This comprehensive Assessment- and Training-methodology was developed in close cooperation with **Pusan National University** (Dept. of Industrial Psychology) and **Swiss-ASIA** Ltd. In order to precisely define and reveal each individuals "balance" in a structured way, **Swiss-ASIA** "Work-Life Management" is developed based on **Maslow's "Pyramid of Needs"**. It is applied in Korean, Chinese, Japanese or English.



Process

Self-Assessment
(Individual Report,
incl. recommendations)

Comprehensive Report
(summary of all employees
Work-Life Balance)

Work-Shop
(tailor-made,
modular training)

Training Modules

Swiss-ASIA offers modular Work-Shops. All modules unite both, **work and private life!**

- **Time management** (*synergy btw. work-schedule and private life, delegating, prioritizing, etc.*)
- **Stress management** (*emotional control, release and prevent stress, health realization, etc.*)
- **Belongingness** (*relationship, acceptance, respect, trust, cooperation, commitment, etc.*)
- **Change management** (*setting / applying new goals, aligning your sub-consciousness, etc.*)
- **Happiness** (*positive thinking, enjoying my work and my life, helping / supporting others, etc.*)
- **Conflict management** (*communicating (listening, asking), understanding, convincing, etc.*)

Contact Details

For detailed information, sample results, fee structure and references, please contact us:

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