

Purpose of Session

A good work-life balance enables employees to contribute and grow in their role and career. Cultivating a healthy work-life balance can be difficult and often requires a great deal of planning.

Discussing the signs of a poor work-life balance and strategies to manage stress can be beneficial to both mentor and mentee.

Questions & Discussion Prompts

What are warning signs of a poor work-life balance?

How do you manage stress?

What are at least two new strategies that the mentee could try to promote a better work-life balance?

What about when things are extremely busy at work, are there any quick or easy strategies that can help to maintain reasonable work-life balance?

Headspace and other applications for the phone can provide guided meditations on stress reduction, anxiety and focus techniques.

UNC also has a confidential counseling program called the Employee Assistance Program.

Additional Ideas/Notes/Reminders

