

CREATING WORK-LIFE ALIGNMENT

Subtitled *Four Essential Strategies to Help Employees Reduce Work-Life Conflict, Increase Engagement, and Improve Well-Being*, this e-learning course was created for anyone who directly manages people, from first-line supervisors to senior leaders. The goal of the program is to help managers learn ways they can improve work-life alignment for their employees through four focus areas. This program was created in collaboration with Dr. Ellen Kossek (Purdue University) and Dr. Leslie Hammer (Portland State University and Oregon Health & Science University), who have been researching and writing about work-life issues for nearly three decades. A kit that enables organizations to facilitate a post-learning debrief is also available.

LEARNERS WILL:

- Understand the individual and organizational value of supervisor behaviors that support their employees' achievement of work-life alignment
- Explore the current state of personal perceptions, barriers, and behaviors related to supporting work-life alignment
- Learn the details of four specific behaviors that supervisors exhibit to support work-life alignment among their employees
- Create an action plan to improve or broaden the demonstration of these behaviors

WHY THIS MATTERS:

Research proves an employee's ability to align their work and personal responsibilities positively impacts employee engagement, retention, and well-being. This is critical as organizations seek ways to attract and retain top talent.

DELIVERY OPTIONS:

Live-Online: Six self-paced 90-minute modules, followed by optional 90-minute facilitated workshop

You can download our e-book *Managing for Well-Being* by scanning this code:

