

# Work-Life Balance

Gain access to the most timely and relevant skills around work-life balance. Discover how to avoid career burnout and create a positive and healthy workplace.



[Aligning Your Values with Work, Life, and Everything In Between \(38m 40s\)](#) – Learn how you can build alignment between your core values and the actions you take in your career and in your life.

[Avoiding Burnout \(24m 5s\)](#) – Learn how to recognize the signs of burnout and manage your stress levels.

[Balancing Work and Life as a Work-from-Home Parent \(28m 31s\)](#) – Join clinical psychologist, author, and mom of three, Andrea Bonior, as she shares how to balance work and life as a work-from-home parent (hint: perfection is not the goal).

[Confidence-Building Strategies for Work and Life \(37m 18s\)](#) – Discover how to increase confidence, overcome self-doubt, and showcase your strengths.

[Essentials of Mindfulness and Compassion with Scott Shute \(1h 4m 26s\)](#) – Join Scott Shute, head of the Mindfulness and Compassion programs at LinkedIn, as he shares essential tools for creating better, healthier workplaces.

[The Step-By-Step Guide to Reinventing Yourself \(29m 23s\)](#) – Learn skills to reinvent yourself, whether changing jobs, turning your side-hustle into a business, or setting yourself up to work from anywhere.

[How to Set Goals When Everything Feels Like a Priority \(15m 20s\)](#) – Learn how to prioritize effectively so that you can get meaningful things done. Get practical advice on how to make tough decisions and motivate yourself all the way to your goal.

[Humane Productivity \(52m 25s\)](#) – Learn how to be productive without suffering.

[Manage Burnout at Work with These Simple Strategies \(9m 9s\)](#) – From juggling your professional and family life, taking up slack for absent colleagues, and worrying about your job security—learn how to manage everything and avoid burnout.

[Managing Career Burnout \(44m 16s\)](#) – Learn what burnout is, what causes it, and how to take back your power and energy.

[Mindful Meditations for Work and Life \(1h 27m 32s\)](#) – Want to incorporate mindfulness into your daily routine? Get a practical and easy approach to meditation, including simple, short exercises to build into regular practice.

[Use Your Strengths for Impact and Influence at Work \(31m 46s\)](#) – Learn how to discover, communicate, and leverage your unique strengths to have a lasting impact at work.