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Get your life back in balance [1]

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Are you having trouble getting your school or work life and personal life in balance? Does it feel like your job or classwork is getting in the way of accomplishing your goals? “Balancing Work and Life [3]” by Dave Crenshaw is a short course that will teach you about getting your life in balance.

In this 35-minute course, you will learn about ways and methods to keep track of time, be prepared for the unexpected, and set aside time for you, so you can feel relaxed. This course will help you recognize when your life is out of balance and how to keep it in balance when your job or class may require a lot of work.

This course also offers a brief section for considerations as a student, so you can get a better idea of how your school life may be affecting your overall life balance. No matter the scenario, if your life feels out of balance and you’re looking to fix that, then this course if for you.

Watch now [3]

Linkedin Learning [4], time management [5]
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