

# Work Life Balance



## For ECE professionals and Family Support Roles

You will learn...

- The **meaning of** the term, **“work-life balance”**
- How to **identify signs of burn-out**
  - How to explore the development of individual **stress relief strategies** that they can use

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom-join?secret=6505171446&from=join-url>  
<https://us02web.zoom.us/join/zoom-join?secret=6505171446&from=join-url>

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