

Continuum



Achieving Work/Life Balance

In Japan they have coined a word that means “death by overwork.” Some families have actually been compensated as a result of loved ones working themselves to death. This workshop will look at things being done by employers in the United States to prevent this from happening here. It will also look at steps the individual can take to gain more control of that important balance between work and life.

We will look at some surprising facts about:

- The number of vacation days sacrificed each year by American workers.
- How we in the US compare with the Japanese in hours worked per year.
- And, health statistics related to work/life balance.