

Amsterdam Public Health
research institute

Workshop Work-Life Balance

Junior researchers Mental Health

June 6th, 2023, 15:00 @ StayOkay Amsterdam Oost

Workshop 15:00-17:00

When you have a demanding job it's important to focus on your work life balance. How much stress do you experience? What are your boundaries, at work and at home? When do you take rest? How do you make sure you have enough spare time with your family or friends? During the workshop you'll focus on your own situation and create a plan to improve your work life balance.



Eva Cornet will facilitate this workshop Work-Life Balance.

Boules 17:30

After the workshop we will be moving to Mooie Boules to play some Jeu the Boules and enjoy some drinks and snacks.

Register [here!](#)

We hope to see you June 6th in Amsterdam Oost!

