

Alignment Transformational Sessions



Work, life and you balance

- 1. What is work, life and you balance**
- 2. Self belief**
- 3. Limiting beliefs**
- 4. Art of rest**
- 5. What does 70% look like?**
- 6. How to set boundaries?**
- 7. Art of saying no**
- 8. People around you**
- 9. Good vs bad stress**
- 10. Remove the term “workload.”**
- 11. Observe body language**
- 12. Learning to just let go**