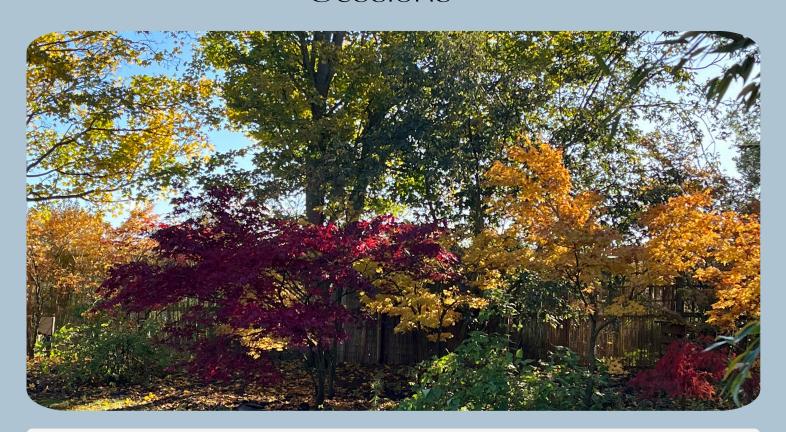
## Alignmeni Transformaiional Sessions



## 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