



Centre for Organization Development
Consulting • Training • Research

MANAGING WORK-LIFE BALANCE FOR WOMEN EXECUTIVES

Enhancing Well-Being and Effectiveness
for Women Leaders



MAR 1-3, 2027

Venue: COD-Hyderabad



Professional Fees:
Residential: Rs.24,000/-
Non-Residential: Rs.21,000/-



OBJECTIVES

To orient women executives with the ways and means to combat their challenges and convert them into opportunities for enhanced professional effectiveness and personal fulfilment.



TRAINING MODULES

- Need for Work Life Balance
- Identifying Core Life Areas
- Understanding One's Strengths
- Effective Time Management
- Managing Guilt & Stress
- Creating Healthy Relationships
- Action Planning for Personal and Career Growth



TARGET PARTICIPANTS

This program is designed for Women Executives working in any Government, Public/Private Sector Organizations.



METHODOLOGY

The theme of the program will be dealt with an appropriate blend of concept sessions, case discussions, exercises, films, sharing of experience and guest faculty presentations.

This program can also be customized to meet the specific needs of your organization, upon request.