



FREE
PROFESSIONAL
DEVELOPMENT TRAINING

EMPIRE KNOWLEDGEBANK (EKB) ONLINE LEARNING

Spotlight On: Work/Life Balance

Work/Life Balance topics available through EKB include:

- ☒ **Managing and Supporting Employee Wellness**
- ☒ **Optimizing Your Workplace Well-being**
- ☒ **Take a Deep Breath and Manage Your Stress**
- ☒ **Achieve Productivity in Your Personal Life**
- ☒ **Forging New Paths: Women’s Advancement in Life and Work**
- ☒ **The Golden Apple: Redefining Work-Life Balance for a Diverse Workforce (Book)**

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