



Increase Productivity at the Workplace Through Work-Life Balance



**Tuesday, October 25, 2022
9:00 am - 12:00 pm**

NIU Center

1120 E. Diehl Road

Naperville, IL 60563

Multiple research studies show that balancing personal and work life can lead to increased employee morale,

better professional performance, and better overall health. A higher life satisfaction is also associated with

maintaining work-life balance. Experts believe that balancing stress requires various activities, but a better balance can be found when employers help facilitate it.

Plan to join Elaine Hand, Innerview Inc., to learn how we can work toward making our workplace a catalyst for work/life balance while still achieving our goals.

Discussion will cover:

1. How do you build employee work/life balance?
2. How to support a better work-life balance for your employees
3. How companies help employees achieve work-life balance

4. Acceptance and understanding of work-life balance
5. Work-life balance tips

[Register Here](#)

Our Speaker



Innerview Inc. owned and operated by **Elaine Hand**, has been in business since 1995. She works within organizations on Human Resource Management as well as Leadership and Management Development. We have proven over and over again the philosophy that all companies have two major concerns: Systems and People. No matter how much money an organization spends on top of the line, high quality systems, the organization is only as good as the people who own, operate, manage, and work for them.

Elaine has facilitated workshops and conducted seminars on basic management, strategic planning, generational diversity, internal and external customer service, time management, team building, leadership, motivation and employment assessment strategies. She has spoken at national, regional and local conferences.

Continuing Education Offered:

- 3.00 HRCI credits
- 3.00 SHRM credits
- 3.00 HR & Management/Supervision Compliance Certificate Credits

HR Certification Institute's® (www.HRCI.org) official seal confirms that the Illinois Chamber meets the criteria for pre-approved recertification credit(s) for any of HRCI's eight credentials, including SPHR® and PHR®.

Contact Information



Questions?!

Please reach out to Kirsten Constant, Business Services Coordinator, Illinois Chamber of Commerce.

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