



## Work-Life Balance Program

We are pleased to announce a new Work-Life Balance Program offering free seminars and information fairs to employees in the Department of Law and Public Safety to promote professional development on a healthy work-life balance within the organization.

### WORK-LIFE BALANCE PROGRAM

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Work-Life Balance seminars and information fair topics will be tailored to the specific needs of each Division. However, topics will focus on the following major areas:

- Workplace Concerns and Skills
- Parenting and Family Issues
- Healthy Lifestyles
- Personal Growth and Challenges

Work-Life Balance seminars will be presented by OEOD professionals or guest individuals and organizations. These interactive, practical, and informative seminars will utilize a variety of learning strategies which may involve individual or group exercises, case studies, or facilitated discussions. The seminars will be held in conference rooms or designated areas at each Division's location, will be offered during the business day, generally at lunch, and will be approximately an hour. Employees will have the opportunity to enjoy their lunch, network with fellow employees, and learn more about balancing workplace and life issues.

Information Fairs will showcase articles, pamphlets, and literature with resources for employees on a given work-life theme. These fairs will be conducted at each Division's location during the business day or lunch for approximately an hour.

Employees, supervisors, and management can request seminars or information fairs by contacting Cinda Burnside, Program Coordinator, at 609-292-8063 or [lppburnc@gw.njsp.org](mailto:lppburnc@gw.njsp.org).