

WORK- LIFE BALANCE

PROGRAM



Facilitators:

Psychotherapist
Amelia Simona Zvincu

Astrologer & Personal Coach
Silvia Popa

- PSYCHOTHERAPY
- ASTROLOGY
- PERSONAL DEVELOPMENT

Benefits

Work-Life Balance Program

To Your Organization

- Measured increases in individual productivity, accountability and commitment
- Better teamwork and communication
- Improved morale
- Increased engagement and commitment levels
- Less negative organizational stress



To the Individual

- More value and balance in your daily life
- Better understanding of what your best individual work-life balance is
- Increased productivity
- Improved relationships both on and off the job
- Reduced stress

WORK-LIFE Balance Program Services

To the Groups:



- Monthly presentation with different themes related WORK-LIFE Balance
- Personal Development Group – weekly
- Family Constellation workshops- monthly

To the Individuals:



- Psychotherapy- Individual Counseling
- Astrology- Individual Counseling
- Life Coaching- Individual

WORK-LIFE Balance Program

PRICES

- Monthly presentation WORK-LIFE Balance Program free
- Personal Development Group – monthly 150lei/pers
- Family Constellation workshops- monthly 150lei/pers
- Psychotherapy- Individual Counseling 150lei/h
- Astrology- Individual Counseling 200lei/2h
- Life Coaching 100lei/1 h

PAYMENT OPTIONS: 1. by employees
2. 100% by company
3. 50 % by employee &50% by company

BONUS- FREE INDIVIDUAL COUNSELING FOR 2 PERSONS/weekly

Please contact us for more information & scheduling a meeting:

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