The INSEAD Centre in Abu Dhabi invites you to participate in a

"Work-Life Balance Workshop”

organized by

The Initiative on Women and Leadership in the Middle East

19 November 2008

10:00 a.m. - 3:00 p.m.
in the INSEAD Abu Dhabi Centre.

Achieving work-life balance has been increasingly recognized as crucial to prevent detrimental effects of stress on one’s health and to reduce the risk of burnout. Over the past decades professionals have seen increasing pressure of work interfering with their personal lives. As demands from work increase, time spent at home is often sacrificed in order to satisfy job requirements.

For women, the shifting of resources from the home to the professional sphere is particularly challenging. Although both men and women occupy multiple roles (parent, worker, spouse), women are traditionally more associated with family roles and are largely held responsible for the good functioning of the household. Therefore, as work demands increase women often feel stretched as they cannot or do not wish to opt out of family related obligations.

This work-life balance workshop is intended to provide women with a platform for discussion and learning in terms of combining employment with caring for the family.
Programme

10.00 – 12.00 – Work-Life Balance: Dream or Reality?

As part of the research study conducted by the Initiative on Women and Leadership in the Middle East, participants will engage in a discussion sharing experiences with Work-Life Balance, Career Decisions, and Work and Family Aspirations.

As work-family trade-offs are particularly salient during life transitions (after graduation, marriage or having a baby) when roles and demands of the person change, participants will be grouped according to their stage in life. This discussion will not only allow participants to learn from each other’s experiences, it will also provide the backbone for research on work-life balance in the Middle East.

12.00 – 13.00 – Networking and Lunch offered by INSEAD

13.00 – 15.00 – Towards Work-Life Balance

Katty Marmenout, research fellow of the INSEAD research project “Women and Leadership in the Middle East” will share insights and tools with the aim of bringing participants closer to a balanced work-life reality. Based on the understanding of the issues discussed during the morning session, goals and action plans will be developed to improve time and energy management, enhance self-leadership and define strategies to cope with work-family interference.
Registration

We kindly ask you to confirm your interest to this free event as soon as possible by email to katty.marmenout@insead.edu or by fax to 02 446 0303.

This workshop is particularly addressing Middle Eastern Women at different stages in their career and personal life. Therefore, please indicate below the family situation, which describes best your case. You will be contacted by the organizer indicating the date of the workshop according to your family situation.

Participants to this workshop agree to be part of the research study on a strictly voluntary basis. Research participation consists of a group discussion during the morning session, parts of which may be audio taped. All data and sound files will only be accessible to the researchers and will only be used in aggregate form so that participants may not be identified in any way. Participants will receive an overview of the results once the data will be processed. Participants can decline to answer any question and may withdraw from the workshop at any time. If you have any questions or concerns related to the research either before or after the workshop.

Registration Form

Company:  _______________________________________

Sector:  _______________________________________

Name:  _______________________________________

Surname:  _______________________________________

Nationality:  _______________________________________

Marital Status:  _______________________________________

Children (+ ages): ________________________________

Position:  _______________________________________

Email:  _______________________________________

Office Tel:  _______________________________________

Mobile:  _______________________________________