Work-life Fit for Everyone

Your morning commute. That to-do list that keeps you up into the wee hours. How are you supposed to fit it all in—meet personal and family responsibilities—and do a great job? LifeWorks is here to help with all that you're juggling in your busy life. Contact a consultant who can provide support on everything from managing stress to finding services to help make your life easier.

You can also go online to access hundreds of helpful resources:

- A new podcast, *Tips on Making Flexibility Work*. Allison O’Kelly, a leading workplace expert, shares tips on how to build strong working relationships with your manager and co-workers and maximize productivity when you work a flexible schedule or work remotely.

- Articles such as *Quick Tips for Making Time for Yourself*, *Talking with Your Manager About Your Workload*, *Time Squeeze Tips*, and *Tips for Working Fathers and Working Mothers*.

- A recording, *Fitting Work and Life Together*, filled with expert advice that will help you achieve work-life success as you define it.

- Our weekly *Work and Life* blog, featuring posts from a seasoned journalist who writes about better ways to handle stress, find better work-life fit, and other great topics.

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit [www.lifeworks.com](http://www.lifeworks.com) (username: temple; password: eap).