

TED Talk Tuesday - January 5

1. Go to Ted.com
2. Click on the search icon- upper right hand corner
(Magnifying glass)
3. For this week type in: How to make work life balance work

Presenter: Nigel Marsh

https://www.ted.com/talks/nigel_marshall_how_to_make_work_life_balance_work

Join us on Zoom at 6:30pm

Zoom link: <https://us02web.zoom.us/j/83139881188>

Question 1.

With our boundary lines of work and home are blurred due to covid- is work-life balance possible right now? If so, how?

Question 2.

What steps do you need to take in order to make small movements toward a balanced life?

