



Manager Alumni Follow Up

Module 3 - Scenic Route 1



- **Tips for quality family time**
 - Everyone is rushed – how do we make the best of the time we have? Here are some suggestions
 - <https://bit.ly/3bd9WQd>
- **Balancing work and family life**
 - Conflict between work and family life is a common source of stress
 - Suggestions on how to balance this out
 - <https://bit.ly/2RIPi2J>
- **Using the Circle of Influence to reframe your fears**
 - Separate the factors that you have no control over with the factors you can control
 - Look for ways to expand your influence and shrink the areas you have no control over
 - <https://bit.ly/3bcYhAM>
- **Tips to Manage time**
 - Learn some tips to manage your time in all areas of your life
 - <https://www.youtube.com/watch?v=Ri1NkaDXIQ>