



Mar 03, 2015

A Workshop Entitled “Balancing Between Work and Life”

In coordination with the Deanship of Students Affairs at Al Ain University of Science and Technology, Abu Dhabi-based, Mr. As'ad Osman conducted a workshop titled "Balancing Between Work and Life", where he explained in details on how to balance work and mundane life as the pressures of work and family life are not compatible with each other in some ways that may impair mental and physical wellness. He also lectured about the ways and methods for balancing work and life on a daily base.

[Press Release Link](#)