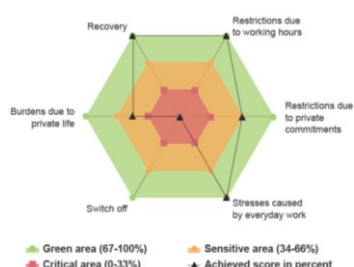




# Life Balance Barometer

## Self-assessment, suggestions and tips for a healthy balance



A good balance is an essential resource for staying healthy. Bringing our various life domains into a healthy equilibrium is one of the central challenges of our time. The desired relationship between life domains (Life Domain Balance) changes according to the demands and needs of life phases. Regular reflection on one's own balance helps to shape one's life according to personal priorities

The "Life Balance Barometer" is a suitable tool that invites individuals to examine their own balance through an online questionnaire. The resulting evaluation and targeted reflection questions promote understanding of the factors contributing to potential imbalance. Numerous tips and thought-provoking prompts aid in harmonizing the various life domains (once again).



### Destination

- The participants
- are aware of the current balance of their areas of life.
  - have received concrete advice on how to improve them.



### Target group

- Suitable for all employed persons



### Content

- Written survey (online) on the various dimensions of life-domain balance
- Individual feedback on the current assessment (spider diagram)
- In-depth reflection questions and practical tips on the identified fields of action
- Support for transfer to everyday life



### Benefit

- Better understanding of one's own life domain balance
- Concrete ideas for improving personal balance thanks to individual feedback and reflection questions



### Form and duration

- Online check
- 5 minutes for answering the questions, 10 minutes to process the evaluation and tips



### Possible applications

The "Life Balance Barometer" can be used well:

- as preparation for a workshop or presentation on the topic of "Balance".
- as an entry point for individual coaching.
- as part of a campaign for mental health
- for the assessment of Life Domain Balance within a department/organization.