

Typical Components of an Effective Work/Life Program

RELATIONSHIP ISSUES	Marital/partner relationships	Being single	Sexual problems	Dealing with conflict	Physical and/or emotional abuse
CHILD CARE	Adoption, pregnancy & infertility	Child care & back-up care	Infant and toddler options	Special-needs children	Summer care services
EMOTIONAL WELL-BEING	Depression	Stress & anxiety	Addictions	Eating & weight-related issues	Grief & loss
ADULT CARE	Finding services & care for older adults	Housing options	Caregiving issues	Helping from a distance	Adjusting to retirement
WORKPLACE CHALLENGES	Working successfully with others	Communicating with your boss	Career development	Avoiding burnout	Dealing with stress
PARENTING	Discipline techniques	Talking with your teen	Developmental milestones	Special needs children	Behavioral norms
MANAGER RESOURCES	Helping employees	Organizational changes	Managing diversity	Leadership skills	Effective communication
EVERYDAY ISSUES	Consumer education	Moving & relocation	Home ownership	Recreational activities	Pet care
LEGAL & FINANCIAL CONCERNS	Retirement planning	Budget & credit management	Resolving legal problems	Coping with financial issues	Avoiding fraud
EDUCATION	K-12	Colleges & universities	Financing	GED/vocational	Tutors and test prep
HEALTH & WELLNESS	Stress reduction	Exercise & preventive health	Nutrition	Mind/body balance	Women's, men's & children's health
COMMUNITY RESOURCES	Housing	Programs for children and adults	Transportation	Support groups	Emergency resources