

# Negotiating the Work/Life Balance with your Supervisor

Mental  
Health  
Forum

February 28th, 11am-12pm

McCune Conference Room  
(6th Floor HSSB)



Having a healthy Work/Life balance is key not just for your personal life, but your career as well. A healthy work/life balance prevents burn out and leads to higher achievement at work. Our supervisors are not psychic, however. They won't just know what we need to achieve a healthy work/life balance. Staff and student employees have to communicate what we need to our supervisors, and why we need it. This panel will discuss the basics of preparing for and having those conversations