



# 30 DAYS TO SANITY™

A Unique Online Course for Better Work-Life Balance



## SUCCESS AT WORK-FULFILLMENT AT HOME

New research reveals that businesses that help employees achieve work-life balance enjoyed net earnings per employee of **23 percent more per year** than the average for those who don't.

**Work-life balance isn't just about making people happier; it's about making employees healthier and organizations more productive.**

**30 Days to Sanity™** is a cost effective way to convey your organization's commitment to your employees. This dynamic

e-learning tool is a self-directed 24/7 resource. It is comprised of three Sanity Saving modules:

- Get Your Priorities Straight**
- Set Limits**
- Make Time for Yourself**

Along with the course is the **30 Days to Sanity™ Learning Portal**.

The Portal contains additional resources such as:

- **The Stress Management Center**
- **The Parenting Center**
- **Meditation Station**
- **Forum**
- **Daily Balance Breaks**

For a preview please [click here](#).

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