

# (ESOL) Create a Work/Life Balance

Provided / Operated by:

**North Yorkshire Council – Adult Learning & Skills Service**

Wellbeing courses can be useful to everyone. Our 'Work/Life Balance' course will support you to look at ways to manage your busy lifestyle along with ensuring that you have time for yourself. Through the Work/Life Balance course, you will build confidence in speaking and listening as well as recognising that making small changes will ensure that you can remain motivated and healthy. You will learn to keep your priorities while still managing a busy life...

 **Course Address:**

This is an Online Course

 **Days & Dates:**

Thursday: 6:00pm – 8:00pm  
16th April 2026 to 14th May 2026

 **Contact Details:**

**Phone:** 01609 536066

**Email:** [adultlearningservice@northyorks.gov.uk](mailto:adultlearningservice@northyorks.gov.uk)

 **Costs:**

Free

 **Childcare:**

No

 **Children allowed:**

No